



Mindfulness Websites/Activities

[Calm.com for schools](#)

[Cosmic Yoga](#)

[Go Noodle](#)

[Mindful Kids Cards](#)

[Brain Pop](#)

[Brain Pop Jr.](#)

[Near Pod](#)

[Class Dojo](#)

[Spotify](#)

[Spotify- Relax Your Mind](#)

Mindfulness Videos

Mindfulness and SEL Webinar from Sanford
Harmony

Kids Explain Mindfulness video

Mind The Bump

What mindfulness is to kids?

Mindful Monkey, Happy Panda

YouTube: Kids Mindful Games for Focus
Compilation



Mindfulness Resources

[Confident Counselors Article- Reasons To Teach Mindfulness](#)

[Mindfulness and SEL Webinar from Sanford Harmony](#)

[MindUp](#)

[25 Mindful Activities To Do With Kids](#)

[Kids Health](#)

[Big Life Journal](#)

[Coping Skills For Kids](#)

[Mindfulness: A Parents Guide](#)





Mindfulness Apps

[Woebot](#)

[Sanvello](#)

[Breathe2Relax](#)

[Calming Bottle App- free](#)

[Headspace](#)

[Stop, Breathe, Think- Free lifetime membership for teachers](#)

[Breathe, Think, Do with Sesame](#)

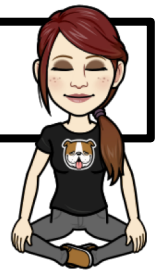
[Down Dog](#)

[Ninja Focus](#)

[Mood Monster's Yoga Workshop](#)

[Generation Mindful](#)

Easy Implementation For Mindfulness



Play "Mindful Mouse"

Grounding before entering or exiting a classroom (visual on wall)

Peace Corners

Paws lessons

Mindful moment before leaving a small group, end of morning check in, or when they enter the classroom

Student or teacher lead activity during class meet up

Mindful pauses before a transition

Put mindful cue cards on a ring for hanging in hallway or on the go

Use of bell or windchime for attention grabbing and to cue transitions in class

Cue students with the parts of the brain "I can see our amygdala's are fired up/barking...let's take a moment to calm them down so our PFC's can get back to work."