

Mindfulness Applications

- Mindshift
- Breathe
- Headspace
- Stop, Breathe, & Think

Mindfulness Links

<https://www.youtube.com/watch?v=64QzBuhsyuk>

https://www.youtube.com/watch?v=hw_Wfr7cAig

<https://www.youtube.com/watch?v=xtMHCVBgV00>

YouTube Subscriptions (FREE)

- Stop, Breathe, & Think
- Mindful Kids
- Fablefy

Also YouTube for kids and creating a profile is a great way to find videos around

- Deep Breathing
- Mindfulness
- Kindness
- Anger Management
- Grief