

## Guided Meditation

The videos listed are suggestions from the counseling department.

Ages	Title	Web Address
6-12	Intro to Meditation with Kobe	<a href="https://www.youtube.com/embed/LdrVVJPIUK4?rel=0">https://www.youtube.com/embed/LdrVVJPIUK4?rel=0</a>
K-5	Intro to Meditation for Kids	<a href="https://www.youtube.com/embed/9CdPQ7X1MzU?rel=0">https://www.youtube.com/embed/9CdPQ7X1MzU?rel=0</a>
K-5	Bring It Down	<a href="https://www.youtube.com/embed/bRklLioT_NA?rel=0">https://www.youtube.com/embed/bRklLioT_NA?rel=0</a>
K-5	Melting	<a href="https://www.youtube.com/embed/fTzXFPh6CPI?rel=0">https://www.youtube.com/embed/fTzXFPh6CPI?rel=0</a>
K-5	Rainbow Breath	<a href="https://www.youtube.com/embed/O29e4rRMrV4?start">https://www.youtube.com/embed/O29e4rRMrV4?start</a>
K-5	On & Off	<a href="https://www.youtube.com/embed">https://www.youtube.com/embed</a>
6-12	Find Your Calm	<a href="https://www.youtube.com/embed/eYm9FkWQc0Q">https://www.youtube.com/embed/eYm9FkWQc0Q</a>
6-12	8 Min Meditation	<a href="https://www.youtube.com/embed/w_bmCKMrLYs?rel=0">https://www.youtube.com/embed/w_bmCKMrLYs?rel=0</a>
6-12	15 Min Meditation	<a href="https://www.youtube.com/embed/W19PdsIW7iw?rel=0">https://www.youtube.com/embed/W19PdsIW7iw?rel=0</a>
6-12	20 Min Meditation	<a href="https://www.youtube.com/embed/psyExnCkcXU?rel=0">https://www.youtube.com/embed/psyExnCkcXU?rel=0</a>
All	Ocean Escape	<a href="https://www.youtube.com/watch?v=ar_W4jSzOIM&amp;t=36s">https://www.youtube.com/watch?v=ar_W4jSzOIM&amp;t=36s</a>
6-12	Meditation Minis Podcast	<a href="https://meditationminis.com/shows/">https://meditationminis.com/shows/</a>
6-12	Relaxation into Sleep	<a href="https://www.youtube.com/watch?v=Z3ce69YHWNs">https://www.youtube.com/watch?v=Z3ce69YHWNs</a>