

Guided Meditation

The videos listed are suggestions from the counseling department.

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