

## Mindfulness

The videos listed are suggestions from the counseling department.

Ages	Title	Web Address
K-5	Be the Pond - Mindfulness	<a href="https://www.youtube.com/embed/wf5K3pP2IUQ">https://www.youtube.com/embed/wf5K3pP2IUQ</a>
K-5	5 Mindfulness Exercises for Kids	<a href="https://www.youtube.com/embed/Wsy2L9VvX90">https://www.youtube.com/embed/Wsy2L9VvX90</a>
K-5	Mindfulness with Mindful Ozzy	<a href="https://www.youtube.com/embed/Ok_R7R1gIdA">https://www.youtube.com/embed/Ok_R7R1gIdA</a>
6-12	Observing your thoughts	<a href="https://www.youtube.com/embed/wJQeq4yqlbQ">https://www.youtube.com/embed/wJQeq4yqlbQ</a>
All	Everyday Mindfulness	<a href="https://www.youtube.com/embed/QTsUEOUaWpY">https://www.youtube.com/embed/QTsUEOUaWpY</a>
All	3-Minute Mindful Breathing Meditation	<a href="https://www.youtube.com/embed/SEfs5TJZ6Nk">https://www.youtube.com/embed/SEfs5TJZ6Nk</a>
6-12	5 Minute Mindful Breathing	<a href="https://www.youtube.com/embed/l-SFdhVwrVA">https://www.youtube.com/embed/l-SFdhVwrVA</a>
6-12	Anxiety Reduction - Guided Mindfulness Meditation	<a href="https://www.youtube.com/embed/MR57rug8NsM">https://www.youtube.com/embed/MR57rug8NsM</a>
ALL	2: 1 Breathing Technique to Reduce Stress	<a href="https://www.youtube.com/">https://www.youtube.com/</a>