

Mindfulness

The videos listed are suggestions from the counseling department.

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