

Mindfulness videos for children.

What is mindfulness and how do you do it?

<https://www.youtube.com/watch?v=8rp5bpFIUpg>

Mindfulness Meditation breathing exercise

https://www.youtube.com/watch?v=Bk_qU7l-fcU

Mindfulness for kids: What does being present mean?

<https://www.youtube.com/watch?v=fmWYD6aHLhg>