

Mindfulness videos for junior aged children

These are good at any time of the day but particularly at bedtime. There is no need to watch and add to screen time; children can just listen...

Balloon (Peace Out) - suitable for younger children

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

Cosy Cats (Peace Out) - suitable for younger children

<https://www.youtube.com/watch?v=2TFuFd4iFOY>

Butterfly body scan - suitable for all

https://www.youtube.com/watch?v=56_8aK3cLEA

Mindful minute - suitable for all - all you have to do is close your eyes until you can't hear the bell anymore! It's a quick way to ground yourself if feeling stressed!

<https://www.youtube.com/watch?v=ZME0JKiweL4>

