

# Mindfulness videos for senior aged children

These are good at any time of the day but particularly at bedtime. The 2<sup>nd</sup> and 3<sup>rd</sup> videos can be played as audio only so there is no need to watch and add to screen time; children can just listen...

This video aimed at teens explains what mindfulness is in a teen friendly way.

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

This NHS mindful breathing exercise is an effective way to relax.

<https://www.youtube.com/watch?v=wfDTp2GogaQ>

This slightly longer mindfulness video is very good for those who struggle to sleep.

[https://www.youtube.com/watch?v=NjZKPw\\_zjik](https://www.youtube.com/watch?v=NjZKPw_zjik)