Helpful sites

Calm/relaxation music

* <https://www.youtube.com/watch?v=U_gtzGSNcCI>
* [www.youtube.com/watch?v=K7FUbTac\_ds](http://www.youtube.com/watch?v=K7FUbTac_ds) (training our attention)

Children’s Mindful Movements

* <https://www.youtube.com/watch?v=_mZbzDOpylA> (Elmo’s belly breath)
* <https://www.youtube.com/watch?v=40SZl84Lr7A>
* <https://www.youtube.com/watch?v=2aje33UPixE>
* <https://www.youtube.com/watch?v=sh79w9pn9Cg> 5 step breathing

Muscle Relaxation (Adults and children)

* <https://www.youtube.com/watch?v=aaTDNYjk-Gw> We have found it useful to watch or practice this and use the ideas with the children in shorter periods of time.

‘Butterfly Meditation’ link

* <https://www.youtube.com/watch?v=_mX4JBBIcBk>
* Headspace app for children and adults