



## **MINDFULNESS**

If this has been the first time that you have heard about mindfulness then please visit the links and videos below for further detail about the benefits of mindfulness and how mindfulness can support children and families during the coronavirus pandemic:

- [Mindfulness. Awareness. Senses](#)
- [How Mindfulness Can Help During COVID-19](#)
- [Everyday Mindfulness](#)
- [Mindfulness Animated in 3 Minutes](#)
- [Mindfulness: Youth Voices](#)

Here are some further links that help to talk you through simple steps that can be applied to look after your emotional well-being during COVID-19. These also draw on elements of mindful practice:

- [Simple Self-Soothe Strategies](#) – introduces you to five simple strategies for relaxation
- [COVID19 – Staying Mentally Well](#) – walks you through simple steps you can take to try to look after your emotional well-being

## **YOUTUBE VIDEOS FOR CHILDREN TO PRACTICE MINDFULNESS**

These videos are perfect for children who would like to practice mindfulness.

- [Meditation for Kids](#)
- [Mindfulness Meditation for Kids | Breathing Exercise](#)
- [3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults](#)
- [Breath Meditation for Kids](#)
- [Guided Meditation for Children | Your Secret Treehouse](#)
- [Mindfulness Meditation for Kids | 5 Minutes Guided Meditation for Children](#)

- [Be The Pond | Cosmic Kids Zen Den](#)
- [Guided Meditation for Children | The Gratitude Tree](#)

## **MINDFULNESS FOR TEENAGERS**

These videos are perfect for teenagers who would like to practice mindfulness.

- [Beditation](#)
- [Playing Attention](#)
- [Mindfulness is Being Alive and Knowing It](#)
- [13 Minute Body Scan Meditation for Teens and Adults](#)
- [Meditation for Teenagers | Stress and Anxiety](#)
- [Teen Mindfulness Meditation](#)
- [Guided Confidence Meditation | Believe in The Power of Now](#)
- [5 Minute Meditation | Relax](#)
- [20 Minute Beginners Grounding Meditation for Teens](#)

## **USEFUL DOWNLOADS**

Here are a number of helpful worksheets, activities and techniques to help you and your family practice mindfulness.

- [Deep Breathing Worksheet](#)
- [Gratitude Jars](#)
- [Grounding Techniques](#)
- [How to Practice Mindfulness Meditation](#)
- [Mandalas](#)
- [Mindfulness Exercises](#)
- [Mindfulness for Children](#)
- [Relaxation Techniques](#)