




Mindfulness

Mindfulness can be described as the practice of paying attention in the present moment while calmly acknowledging and accepting one’s feelings, thoughts and bodily sensations. There are many resources available, both paid and free. Here is a small sample:

Resource	Description	Link
The MindUp Curriculum https://mindup.org/	The MindUp Curriculum uses brain, body and social cues to help students become in tune with self and others.	
Cosmic Kids Yoga http://www.cosmickids.com/	A variety of yoga videos categorized by length, energy and category.	
Postive Psychology 22 Mindfulness Exercises, Techniques and Activities for Adults https://positivepsychology.com/mindfulness-exercises-techniques-activities/	This resource provides free mindfulness exercises appropriate for older teens and adults.	
Awake and Mindful Meditation Videos for Kids https://awakeandmindful.com/best-meditation-videos-for-kids/	These short videos walk children through mindfulness exercises.	