



Mindfulness:

- Meditation 101: A Beginner's Guide (Grade 7-up) & Staff <https://youtu.be/o-kMJBWk9EO>
 - Everyday Mindfulness, *AboutKidsHealth* - Explains to Students/Adults know why we practice Mindfulness (5min Grade 4 and up) <https://youtu.be/QTsJEUOUaWpY>
 - What is Mindfulness? Simple answers, profound meaning *MindfulNEWS* (Grade 8 and up to adult) <https://youtu.be/nyOd20TBc7s>
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Videos that Practice Mindfulness

- Breathing Exercise Mindfulness Meditation for kids New Horizon 12 min review (Elementary): https://www.youtube.com/watch?v=Bk_qU7l-fcU
 - Guided Meditation for Children New Horizon The Clever Fox (23 min) <https://www.youtube.com/watch?v=xtMHCVBgV00>
 - Emotions: Just Breath YouTube (4 min) <https://www.youtube.com/watch?v=RVA2N6tX2cg>
 - The Listening Game- Cosmic Kids Zen Den 6 min (K-3) https://www.youtube.com/watch?v=uUIGKhG_Vq8
 - 3-minute Body Scan Meditation Mindfulness for Kids and Adults (Intermediate/Senior) https://www.youtube.com/watch?v=ihwcv_ofuME
 - STOP for Mindfulness About Kids Health <https://www.youtube.com/watch?v=GgBVIZAEQqU>
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