THE MAGIC OF MINDFULNESS

Resources

YOUTUBE VIDEOS LIST

Adults/ Teens
https://www.youtube.com/watch?v=x6UIITRhijI
Tibetan bells/ music without narration.

https://www.youtube.com/watch?v=krKXXmnLQ80
Guided meditation for ultimate relaxation. Ocean waves calm your breathing and the narrated visualization of your body helps ease tense feelings, anxiety, worry and stress.

https://www.youtube.com/watch?v=i50ZAs7v9es
Guided mindfulness with narration - The Honest Guys.

Young Children
https://www.youtube.com/watch?v=uUIGKhG_Vq8
A listening game for children to tune into their surroundings.

https://www.youtube.com/watch?v=9_vEZTrmtjA
A short 5-minute video that allows kids to explore their thoughts and feelings to feel calmer.

https://www.youtube.com/watch?v=7j_Na4Baoaw
Guided Meditation for Children using a rainbow waterfall as a metaphor to wash away stress and worry.

https://www.youtube.com/watch?v=aowo8jUxIm0c
This video explains mindfulness from a child’s perspective.