

## **Ideas for things to do – mindfulness activities, movement breaks and breathing exercises for students and families:**

### **APPS:**

Two entirely free apps (no in-purchase options) that offer mindfulness and breathing exercises are:

#### **1. Oak – meditation and breathing**

*This app does not have specific exercises for kids but their guided breathing exercises are short and not complex. The “Breathe” exercises are guided on the screen and the “box” activity is similar to a breathing exercise that some students may recognize from sessions.*

<https://www.oakmeditation.com/>

#### **2. Smiling Mind App. – meditation**

*This app has a lot of variety and offers specific exercises for adults and youth in addition to a family program. You can check out all the different exercises by exploring “All Programs” within the app. The programs connect to short videos and auditory recordings. There is a lot here so it takes some exploring but it is also a great, free resource.*

<https://www.smilingmind.com.au/smiling-mind-app>

**\*\*\*Additional App:** *In-session, we sometimes utilize a real singing bowl to practice mindfulness in isolating our sense of hearing by focusing on relaxed breathing (with eyes closed if students are comfortable) until we can no longer hear the sound. There is an app that is available to recreate this activity without a singing bowl in front of you (it can also just be fun to play the different singing bowls and listen to their sounds).*

#### **Bowls – Tibetan singing bowls by Ocean House Media**

<https://iosfind.com/app/309501173/bowls-tibetan-singing-bowls>

### **YouTube:**

*There are a lot of mindfulness, movement and relaxation videos offered on YouTube. A few that I am familiar with and could be utilized for students across different ages are listed below.*

#### **Guided Visualizations: breathing and relaxation exercises without movement**

1. Short Guided Meditation – Body Scan (focus on different parts of the body and releasing tension – around 5 minutes)

<https://youtu.be/41GqbdgYAmE>

2. Walk Along the Beach – Guided Meditation and Visualization (around 10 minutes)

[https://youtu.be/ar\\_W4jSzOIM](https://youtu.be/ar_W4jSzOIM)

#### **Yoga and Movement video created for classrooms: (around 11 minutes)**

<https://youtu.be/Td6zFtZPkJ4>

**GoNoodle:** They have a lot of great “brain break” exercises and movement activities for kids that are available free on YouTube. Here are three in particular that are focused on supporting a calm mind and body:

1. “Victorious” Flow – GoNoodle (guided movement and breathing exercise – around 4 minutes)

<https://youtu.be/rC0m-HQcRU>

2. “On&Off” Flow – GoNoodle (guided progressive muscle relaxation and breathing exercise – around 5 minutes)

<https://youtu.be/1ZP-TMr984s>

3. “Bring it Down” Flow - GoNoodle (guided visualization and breathing exercise – around 4 minutes)

[https://youtu.be/bRklLioT\\_NA](https://youtu.be/bRklLioT_NA)

***Resources for FREE internet services for qualifying families:***

- **Spectrum**
  - Free internet for those who do not have access during school shutdown
    - Toll Free: 1-844-488-8398
- **Comcast**
  - 2-months free internet to families who have not had a Comcast account in the last 90-days and qualify based on income.
    - Application is online: <https://www.internetessentials.com/covid19>