

GENIALLY

<https://view.genial.ly/623f00b8c3e3cc0011249539/interactive-content-minfulness-resources>

YOUTUBE LINKS:

MINDFULNESS IS A SUPERPOWER

<https://youtu.be/w6T02g5hnT4>

“MYSTERIOUS FOREST”, CHOPIN

<https://youtu.be/L1F3sHklg9k>

“ROSITA” VIDEO

<https://youtu.be/Xq3DwzX6MUw>

BELLY BREATHING

<https://youtu.be/RiMb2Bw4Ae8>

“ONE MINUTE” MEDITATION

<https://youtu.be/ZME0JKiweL4>

MINDFUL EATING

<https://youtu.be/guXTS1YFf-0>

“I AM PEACE” - SUSAN VERDE

<https://youtu.be/hXA3837uv3w>

MEDITATION IN MOTION

https://youtu.be/Km_Dop2Xn9g

“STOP” TECHNIQUE - THE FLY

<https://youtu.be/dSsAEWkmBFU>

THE ADOLESCENT BRAIN - DANIEL SIEGEL

<https://youtu.be/0O1u5OEc5eY>

EMOTIONS-INSIDE OUT

<https://youtu.be/dOkyKyVFnSs>

SUSAN DAVID TED TALKS

<https://youtu.be/tYz9GtLqR6Y>

HOW TO TEACH KIDS EMOTIONAL REGULATION

<https://youtu.be/V0BYs-LN5bY>

MINDFULNESS REGULATION - MY INSIDE WEATHER

<https://youtu.be/2x5NlqnI-WI>

MEDITATION DEALING WITH ANGER

<https://youtu.be/HSXcZmUN0OQ>

THE OLD LADY AND THE RED-HAIRED BOY

https://youtu.be/38y_1EWIE9I

THE POWER OF SELF-COMPASSION

<https://youtu.be/BTQP7XzDxjI>

CHEROKEE LEGEND

<https://youtu.be/vzKryaN44ss>