



Mindfulness

Students are currently facing many challenges through the COVID-19 pandemic, change of routines and return to school from remote learning this term. Change is tough and evokes unsettling emotions that can be pretty tricky to manage.

Our wellbeing team are promoting Mindfulness in the classrooms to assist students during this time, to help them regulate emotions, build resilience and bring focus back to learning. See our Mindfulness video list below to watch with your student!

Breathing



Stop, Breathe, Think

- [5 Finger breathing](#)
- [Breathing superpower](#)
- [Cool out breath](#)



Smiling Mind

- [Noticing emotions](#)
- [Anchor your mind](#)
- [5 count breathe](#)



Calm

- [Space breathe bubble](#)
- [River breathe bubble](#)
- [Sea breathe bubble](#)



Sesame Street

- [Belly Breathe](#)
- [Breathing with Rosita](#)
- [Count, Breathe, Relax](#)

Focus



Stop, Breathe, Think

- [Fading Tone](#)
- [Focus compilation](#)
- [Square breathing](#)



Headspace

- [Super Brain](#)
- [Find your focus](#)

Body/ Move



Stop, Breathe, Think

- [Body Scan](#)
- [Frog Jumps](#)
- [Shake it up](#)



Cosmic Kids

- [Frozen Yoga](#)
- [Star Wars Yoga](#)
- [Harry Potter Yoga](#)
- [Trolls Yoga](#)
- [Pokémon Yoga](#)
- [Minecraft Yoga](#)
- [Wizard of Oz Yoga](#)



Go Noodle

- [Get your body moving](#)
- [Can't stop the feeling](#)
- [Floss](#)

Stories



Stop, Breathe, Think

- [Bulldog weathers the storm](#)
- [Bulldog finds his quiet place](#)
- [Bulldog finds his heartbeat](#)



Storytime Now

- [I am Peace](#)
- [Oh! The things you can think](#)