


# GoNoodle

[www.gonoodle.com](http://www.gonoodle.com)

Access to hundreds of movement and mindfulness videos for children. Sign up for a free account to access the resources.

Mindfulness Colouring  
[www.twinkl.co.uk/search](http://www.twinkl.co.uk/search)



 **headspace**

[www.headspace.com/meditation/kids](http://www.headspace.com/meditation/kids)

'We wanted children to be healthy and happy, not just now but for the rest of their lives. And teaching them about meditation early would help them do just that. That's why we created Headspace for Kids.'



# Mindfulness

## Cosmic Kids!

<https://www.cosmickids.com>  
Stories combined with yoga.

## Calm

Focusing your attention can be a tool for **calming** your mind.

With practice, **mindfully** moving your body can help calm you.

Being calm means feeling settled and quiet. It's easy when you are tired, but not when you are full of energy. When your energy doesn't match what you need – for example, if you're wide awake at bedtime – mindful exercises can be useful ways to lower your energy and calm down.

Your in-breath **increases** energy, while your out-breath **calms**.

## High-five breath

This is a handy practice to help you feel calm by paying attention to your breath. Matching mindful movement with your breathing can be calming. Take your time.

FOR THE GROWN-UPS...  
Briefly pausing at the top and bottom of each breath is healthy, but holding your breath can cause tension or anxious feelings.

1

**Starting at the outside edge of your thumb**, breathe in and use your index finger to trace up to the top. When you breathe out, slowly trace down the other side.

2

**Keep breathing in and out**, tracing up and down for a total of five breaths until you reach the other side of your hand.

Begin here, at the outer edge of your thumb.

Keep going up and down until you reach the other side of your hand.