Mindfulness Instruction Ideas for families

During this time of home instruction, it may be wise to take a few minutes each day from your studies to take a time out for you! Do a bit of yoga with Jamee (Cosmic Kids), listen and relax with guided meditation, or just listen to the provided music as you do your homework.

Relaxing music with nature

https://youtu.be/vH1icLURgbY

Relaxing guitar music with underwater imaging

https://youtu.be/t2UEqBdU7go

5 Minutes Bodyscan Meditation for Families and classrooms
https://youtu.be/9A0S54yAgEg

Feelgood Affirmations ♫♫ Positive Thinking ☆ Self Approval ☆ Confidence ☆ Inner Peace ☆ Courage
https://youtu.be/ffXclh8cdkY

Guided Meditation – Treehouse

https://youtu.be/DWOHcGF1Tmc

The Listening Game | Cosmic Kids Zen Den - Mindfulness for kids (there are many fun stories/yoga to do with Jamee)
https://youtu.be/uUIGKhG_Vq8