**Mindfulness Websites, Videos and Music**

<https://www.youtube.com/watch?v=uUIGKhG_Vq8> Cosmic Kids Video

<https://www.youtube.com/watch?v=Bk_qU7l-fcU> Breathing Exercise

<https://www.youtube.com/watch?v=DWOHcGF1Tmc> Guided Meditation

<https://www.youtube.com/watch?v=QNmMH6tqiMc&list=PLlkZJhgvtgEo78F15UIZbvlinG8giFcPB> Mindfulness Activity videos

<https://www.youtube.com/watch?v=O29e4rRMrV4> Rainbow Breath

<https://www.youtube.com/watch?v=aX9PUQcdQ2U> Meditation for Anxiety and Worry

<https://www.youtube.com/watch?v=HHm5DzlU9as> Learning about our thoughts

<https://www.youtube.com/watch?v=vzKryaN44ss> How mindfulness empowers us

<https://www.youtube.com/watch?v=bRkILioT_NA> Control your stressful energy

<https://www.youtube.com/watch?v=SEfs5TJZ6Nk> 3 minute breathing activity to relieve stress

<https://www.youtube.com/watch?v=r6CPzyqCff0> Mojo Mindfulness

<https://www.youtube.com/watch?v=ZME0JKiweL4> Mindful Minute

<https://www.youtube.com/watch?v=CvF9AEe-ozc> Breathing meditation

<https://www.youtube.com/watch?v=WUXEeAXywCY> Positive Background Music (3 hours)