

## Mindfulness Resources for Kids & Teens

Dear DMA families, students, faculty & staff here is a chart with a link to different mindfulness activities you can lead at home with your student. It also includes a few resources specifically for students for them to practice on their own. Mindfulness activities can help you and your student get centered and focus on the present moment to minimize stress and anxiety. Because so much is changing day by day, and there is an overwhelming amount of information coming your way, this can create a lot of worries. Please check out the helpful resources below.

Estimadas familias de DMA, estudiantes, facultad y personal aquí hay una tabla con un enlace a diferentes actividades de mindfulness (como practicar mantenernos en el presente) que puede utilizar a casa con su estudiante. También incluye algunos recursos específicamente para que los estudiantes practiquen solos. Las actividades de atención plena pueden ayudarlo a usted y a su estudiante a centrarse y enfocarse en el momento presente para minimizar el estrés y la ansiedad. Debido a que tanto está cambiando día a día, y hay una cantidad abrumadora de información en camino, esto puede generar muchas preocupaciones. Por favor, consulte los recursos útiles a continuación.

<b><u>Resource</u></b>	<b><u>Link</u></b>	<b><u>Adult or Student Led</u></b>	<b><u>Age</u></b>
"25 Mindfulness Activities for Kids & Teens" <b>Article (includes videos)</b>	<a href="https://positivepsychology.com/mindfulness-for-children-kids-activities/">https://positivepsychology.com/mindfulness-for-children-kids-activities/</a>	Adult	
"18 Mindfulness Games, Worksheets and Activities for Kids" <b>Article (includes worksheets, videos, exercises, etc.)</b>	<a href="https://positivepsychology.com/mindfulness-for-kids/">https://positivepsychology.com/mindfulness-for-kids/</a>	Adult	
"8 Ways to Teach Mindfulness to Kids" <b>Article</b>	<a href="https://www.huffpost.com/entry/8-ways-to-teach-mindfulness-to-kids_b_5611721">https://www.huffpost.com/entry/8-ways-to-teach-mindfulness-to-kids_b_5611721</a>	Adult	
"3 Ways for Children to Try Meditation at Home" <b>Article</b>	<a href="https://well.blogs.nytimes.com/2016/05/10/three-ways-for-children-to-try-meditation-at-home/">https://well.blogs.nytimes.com/2016/05/10/three-ways-for-children-to-try-meditation-at-home/</a>	Adult	
"15 Ways to Teach Mindfulness to Kids" <b>Article</b>	<a href="https://www.yogiapproved.com/om/ways-to-teach-mindfulness-to-kids/">https://www.yogiapproved.com/om/ways-to-teach-mindfulness-to-kids/</a>	Adult	
"Mindfulness Practices for Coronavirus Anxiety" <b>Article</b>	<a href="https://mindfullittles.org/mindfulness-practices-help-family-manage-coronavirus-anxiety/">https://mindfullittles.org/mindfulness-practices-help-family-manage-coronavirus-anxiety/</a>	Adult	
"Mindfulness Activities" <b>Article</b>	<a href="https://mindfullittles.org/category/mindfulness-activities/">https://mindfullittles.org/category/mindfulness-activities/</a>	Adult	

"Just for Kids: A Comic Exploring the New Coronavirus" <b>Comic/Article</b>	<a href="https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus">https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus</a>	Student	Mid/Upper Elementary
Activity-based Mindfulness <b>Website (including games, videos, meditations, and more)</b>	<a href="https://www.susankaisergreenland.com/mindfulness-for-kids">https://www.susankaisergreenland.com/mindfulness-for-kids</a>	Adult	All
GoNoodle "Flow" Channel <b>Website (featuring hundreds of videos including yoga, dance, games, etc.)</b>	<a href="https://family.gonoodle.com/channels/flow">https://family.gonoodle.com/channels/flow</a>	Both	All
"What Does Being Present Mean?" <b>Video</b>	<a href="https://www.youtube.com/watch?v=fmWYD6aHLhg&amp;app=desktop">https://www.youtube.com/watch?v=fmWYD6aHLhg&amp;app=desktop</a>	Student	Elementary
"Kids Want to Know: How Do We Lose Control of Our Emotions?" <b>Video</b>	<a href="https://www.youtube.com/watch?v=3bKuoH8CkFc&amp;app=desktop">https://www.youtube.com/watch?v=3bKuoH8CkFc&amp;app=desktop</a>	Student	Elementary/Middle
"How to Meditate" <b>Video</b>	<a href="https://www.youtube.com/watch?v=wf5K3pP2IUQ">https://www.youtube.com/watch?v=wf5K3pP2IUQ</a>	Student	Elementary/Middle
"Body Scan Meditation" <b>Video</b>	<a href="https://www.youtube.com/watch?v=ihwcw_ofuME">https://www.youtube.com/watch?v=ihwcw_ofuME</a>	Both	All
"How Mindfulness Empowers Us" <b>Video</b>	<a href="https://www.youtube.com/watch?v=vzKryaN44ss">https://www.youtube.com/watch?v=vzKryaN44ss</a>	Both	Upper Elementary/Middle
"Introduction to Mindfulness" <b>Video</b>	<a href="https://www.youtube.com/watch?v=0k_R7R1gldA">https://www.youtube.com/watch?v=0k_R7R1gldA</a>	Student	Early Elementary
Cosmic Kids Yoga Channel (includes yoga, meditation, mindfulness) <b>Videos</b>	<a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>	Both	Ages 3+
"25 Things Kids Can Do for Social-Emotional Health" <b>Activity Worksheet</b>	<a href="https://docs.google.com/document/d/1qxRT14_XgrhCslj_Wiygy0itV05-9dAAK4OSkGDz3Mc/edit?usp=sharing">https://docs.google.com/document/d/1qxRT14_XgrhCslj_Wiygy0itV05-9dAAK4OSkGDz3Mc/edit?usp=sharing</a>	Both	Elementary/Middle
Mindfulness <b>Playlist</b>	<a href="https://open.spotify.com/playlist/4ePkDoalzU40IA06jFspek">https://open.spotify.com/playlist/4ePkDoalzU40IA06jFspek</a>	Any	Any

