Mindfulness

- The Calm app provides lots of options for mindfulness and meditation.
- Mind Yeti app brings you more mindfulness options.
- Hit the pause button with the Stop, Breathe, Think app with a guided meditation that promotes compassion.
- Go Noodle shares fun movement breaks and mindfulness exercises.
- More mindfulness and relaxation videos can be found over at Cosmic Kids Yoga youtube channel.
- Check out the videos on mindfulness at Mindful Schools.
- Check out this Mindfulness-based Kindness curriculum targeting preschool students.
- Sesame Street brought more kindness to Season 47. I can’t help but love this Elmo’s World.
- Life Vest Kindness Boomerang “One Day” is a video that students love.
- Ripple Kindness Project, out of Australia, shares great kindness printables.
- Sesame Street Breathe, Think, Do app for devices provides an awesome way for kids to work through 5 scenarios, deep breathe, and problem solve.
- There’s a lot to learn from the Howard B. Wigglebottom books, lessons, and activities.
- Help students develop emotional regulation with the Settle Your Glitter app.
- Keep building emotional awareness with the Touch and Learn Emotions app.
- Character Playbook has cool visual stories on healthy relationships, Social Emotional Learning.
Growth Mindset

- The **Mojo Show video series** on Class Dojo is awesome – and each video is only 5 minutes.
- Nothing beats a **Don’t Give Up video** with Bruno Mars and Sesame Street …
- Except for maybe **Will.i.am singing** with the puppets.
- Or this **Power of Yet** video (I realize I might have a Sesame Street problem. They’re just so good!)