

Mini mindfulness Moments with animation

Mini mindfulness Moments are a great way to help promote focus and calm for children throughout the days. These mini mindfulness practices are perfect to use at the start and the end of the day and as transitions between lessons.

(You may click on the title to watch the videos in YouTube)

- [Hot Chocolate Breathing](#)
- [Flower breathing](#)
- [Butterfly breathing](#)
- [Fire in your hands](#)
- [Kind Wishes](#)
- [Swing Breathing](#)
- [Trampoline Breathing](#)
- [Triangle Breathing](#)

Mindful exercises

Try out some fun creative mindfulness activities both at home and in the classroom.

- [Mindful listening](#)
- [Mindfulness of the senses](#)

Free Mindfulness and Self Compassion Resources for Children and Teens



Childrens Meditations

- [Children's Morning Meditation](#)
- [Body Scan Children's Meditation](#)
- [Childrens Love And Kindness Meditation](#)
- [Children's Fish Pond Meditation](#)




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Meditations for Teens and Adults

- [Listening Meditation](#)
- [Mantra Meditation](#)
- [Allowing Meditation](#)
- [Mindfulness of the Breath Meditation](#)
- [Affectionate Breathing Meditation](#)

Mindfully Me Stories and Creative Mindfulness Activities

Listen to the "Mindfully Me" stories and try out some creative mindfulness activities.

- [It's Always There](#)
- [It's Always There Animation](#)
- [Look Who's Here](#)
- [Where is Happy](#)

Free Workbook Pages for Children

<https://www.louiseshanagher.com/mindfully-me>



Demonstrations for parents and teachers

- [The Mind Jar](#)

Affirmation Videos for children

- [Childrens Morning Affirmations](#)
- [Children Nighttime Affirmations](#)

Breathing exercises for teens

- [Swing Breathing](#)
- [Trampoline Breathing](#)
- [Triangle Breathing](#)
- [3,6,7 Breathing](#)
- [7,11 Breathing](#)
- [4,7,8 Breathing](#)