

## **Mindfulness meditation for children and adults**

Relaxation:

[https://www.youtube.com/watch?v=Bk\\_qU7l-fcU](https://www.youtube.com/watch?v=Bk_qU7l-fcU)

Treehouse relaxation and mindfulness:

<https://www.youtube.com/watch?v=DWOHeGF1Tmc>

The Clever Fox relaxation:

<https://www.youtube.com/watch?v=xtMHCVBgV00>

Magical Island relaxation:

<https://www.youtube.com/watch?v=aNTXpJV8aUg>

Just a minute meditations:

<http://www.just-a-minute.org/>