



Mindfulness videos

On & Off - Flow | GoNoodle - YouTube

The logo features the words "ON" and "OFF" in a bold, yellow, sans-serif font. A white ampersand "&" is positioned between them, enclosed within a white circular glow that has a soft, radial gradient. The entire graphic is centered on a dark blue-to-black gradient background.

ON & OFF

https://www.youtube.com/watch?v=K7FUbTac_ds&t=55s



<https://www.youtube.com/watch?v=fTzXFPh6CPI>

MELTING

MELTING

MELTING

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



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



https://www.youtube.com/watch?v=bRkILioT_NA



https://www.youtube.com/watch?v=rC0m_-HQcRU



<https://www.youtube.com/watch?v=CEk9KvPXKEQ>

BE KIND TO YOURSELF

<https://www.youtube.com/watch?v=wf5K3pP2IUQ>



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



https://www.youtube.com/watch?v=Bk_qU7I-fcU&t=355s

Mindfulness Meditation for Kids

- BREATHING EXERCISE -

