

Type of self care	Name	Website link	length
YOGA	Sun salutation for kids	https://www.youtube.com/watch?v=8oGR5xucItI	7:00
	Rainbow Yoga	https://www.youtube.com/watch?v=dF7O6-Qablo	16:00
	Yoga for the classroom	https://www.youtube.com/watch?v=Td6zFtZPkJ4	10:50
	Yoga for Strength	https://www.youtube.com/watch?v=6lkcvJdfFDI	11:13
	Unicorn Yoga for Kids (beginner)	https://www.youtube.com/watch?v=DYbwE1HD9_8	4:51
	Calm Down Yoga	https://www.youtube.com/watch?v=rWP4XL4IDYA	5:33
	Very Hungry Caterpillar Yoga	https://www.youtube.com/watch?v=xhWDiQRrCIY	19:18
	Kids Yoga & Mindfulness all about dogs	https://www.youtube.com/watch?v=tWSqNEs4IPg	37:28
	Yoga for kids	https://www.youtube.com/watch?v=X655B4ISakg	25:04
	Mike & Muttnik on the Moon	https://www.youtube.com/watch?v=v9W8iV4AJYQ	17:52
GUIDED MEDITATION	Sleeping Dragon	https://www.youtube.com/watch?v=AUjpWdbMrAg	10:39
	What is Mindfulness?	https://www.youtube.com/watch?v=8rp5bpFIUpq	7:45
	Treasure Box	https://www.youtube.com/watch?v=ld6PeFfAmeM	8:35
	Bye Bye Boat**	https://www.youtube.com/watch?v=K1SVHDCQH7o	7:50
	Time Out	https://www.youtube.com/watch?v=9_vEZTrmtyA	5:34
	Balloon	https://www.youtube.com/watch?v=ZBnPlqQFPKs	6:23
	Friendly Wishes**	https://www.youtube.com/watch?v=HtYlQIxyrsE&t=403s	8:36
	Tree House	https://www.youtube.com/watch?v=WholeqDJM6E	11:38
	Counting Breaths**	https://www.youtube.com/watch?v=4UyPe7S0cSg&t=1s	6:41
	Tickle Plxie	https://www.youtube.com/watch?v=06wtmoB1trY	9:31
	Be The Pond	https://www.youtube.com/watch?v=wf5K3pP2IUQ	5:36
	Refresh your senses	https://www.youtube.com/watch?v=qRoN8xdsVX0	9:12
	Breathing superpower	https://www.youtube.com/watch?v=hw_Wfr7cAig	12:13
	Bulldog weathers the storm	https://www.youtube.com/watch?v=SVLNPUJsJig0	4:40
	Bulldog finds his quiet place	https://www.youtube.com/watch?v=QKDLEdpRIRE	3:52
	Rainbow breath	https://www.youtube.com/watch?v=O29e4rRMrv4&t=1s	4:03
	Square Breathing	https://www.youtube.com/watch?v=YFdZXwE6fRE	2:37

S	Five Finger Breathing	https://www.youtube.com/watch?v=DSqOW879jjA	4:11
	Feel good affirmations	https://www.youtube.com/watch?v=ffXclh8cdkY	15:13
	Sitting still like a frog	https://www.youtube.com/watch?v=72gFiAU2nls	9:08
	Cleansing Campfire	https://www.youtube.com/watch?v=FEJlpL-mIGq	11:17
	Why are some people mean?	https://www.youtube.com/watch?v=b5LLfdhGekA	5:54