

Mindset Corner

A space to pause, relax, and reset your mind.



Relaxing Links

My Happy Place
(Build-Your-Happy-Place Activity)
Cute Baby Animals Relaxation Film
(YouTube)
Bubble Bounce! Mindfulness for
Children (YouTube)



Calming Music

Relaxing Music for Children – Dreamy
Cat, Soft Piano (YouTube)
Calming Morning Music for Kids –
Ocean Calm (YouTube)
Rainbow Relaxation: Mindfulness for
Children (YouTube)



Mindful Movement

Cosmic Kids Yoga (YouTube Channel)
Go Noodle – Bee Breath
Go Noodle – Quiet Time with Moose
Go Noodle – On and Off



Mindfulness Stories & Audiobooks

Peace Out (Mindfulness Stories
Podcast)
“I Am Cloud” – Mindfulness Story
(YouTube)
Mindfulness Stories for Kids –
Storyberries Collection
“This Book is Perfect” Read-Aloud
(YouTube)