

Mindfulness Resources

Mindfulness Activities

- [Relaxation Strategies-1 page document](#)
- [Tecnicas Relajcion](#)

Mindfulness Apps/Websites

- Mindshift
- <http://mindfulnessforteens.com/>
- <https://www.changetochill.org/>
- www.headspace.com
- <https://insighttimer.com/>
- [Mayo Clinic Anxiety Coach](#)
- IBreathe App
- Breathe App

Positive Thinking Apps/Websites

- www.happify.com

Mindfulness Videos

- [Just Breathe](#)
- [4-7-8 Breath](#)
- [Upbeat Version of 4-7-8 Breathing](#)
- [Release Video](#) Middle School Students talking about how stress/anxiety feels in their bodies and then a short mindfulness activity is demonstrated.
- [Breath Bubble](#)

Mindfulness Articles

- [15 Ways to Calm Yourself Down](#)

Positive Thinking - Affirmations:

- [Affirmation Activities](#)