

SEL theme for the month of February

Peck Elementary: For parents and children

Guided Mindfulness Websites for Kids:



<https://www.mindyeti.com/moments>



<https://www.headspace.com/>

Mindfulness Videos for Children:

Loving Kindness Mindfulness	1 minutes
Balloon Breaths	2 minutes
Mindful Relaxation	2 minutes
Peaceful Breaths	3 minutes
Breathing and Movement	3 minutes
Mindful Bodies	3 minutes
Self Love	3 minutes
Mindful Listening	4 minutes
Body Scan for Students	5 minutes
4-7-8 Breathing Exercise	5 minutes

[Loving Kindness Practice](#)

5 minutes

[Sitting Still Like a Frog](#)

5 minutes

Additional Resources:

[Beautiful Relaxing Music for Stress Relief](#)

[Sitting Still Like A Frog Audio Exercises](#)

[Peace Out by Cosmic Kids](#)

[Kids Meditation from Stop, Breathe, and Think](#)

[Puffer Fish Breathing](#)

[3 Minute Body Scan](#)

[Progressive Muscle Relaxation](#)

For more information or questions please contact Social Emotional Learning Specialist
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