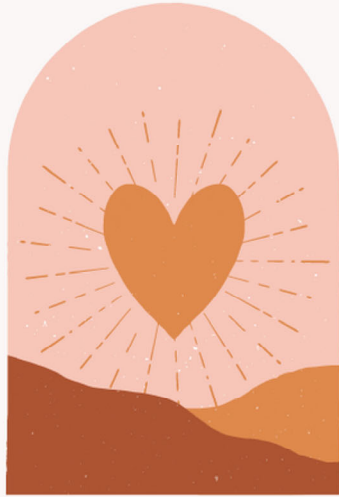


yoga and mindfulness resources



Apps:

Insight Timer
Calm

Videos:

Cosmic Kids Yoga
Go Noodle
Headspace
Yoga and
Mindfulness Cards

Books:

- Calm: Mindfulness for Kids by Wynne Kinder, M.Ed.
- I can do Hard Things: Mindful affirmations for kids by Gabbi Garcia
- Meditation is an Open Sky: Mindfulness for Kids by Whitney Stewart
- Hot Cocoa Calm by Kira Wiley
- Breathe like a Bear by Kira Wiley
- Rocket Ship Yoga by Bari Koral
- Mindful Me: Mindfulness for kids by Whitney Stewart
- The Little Frog Awakes by Elin Snel
- Mindfulness in the Classroom by Joshua C. Felver, PhD, Nirbhay N. Singh PhD