Meditation and mindfulness links:

KS1

Cloud meditation:

<https://www.youtube.com/watch?v=Sna7H2FFfL4&feature=youtu.be>

Mindfulness Meditation for Kids | BREATHING EXERCISE | Guided Meditation for Children

<https://www.youtube.com/watch?v=Bk_qU7l-fcU>

Sesame Street Monster Meditation with Headspace = 3 short videos: for sleeping, waiting, organising.

Sesame Street: Common and Colbie Caillat - "Belly Breathe" with Elmo:

<https://www.youtube.com/watch?v=_mZbzDOpylA>

**All ages mindfulness article:**

<https://www.nytimes.com/guides/well/mindfulness-for-children>

**Lots of advice for lessons and activities:**

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>