

The creators of Second Step also developed Mindfulness activities for kids. *Mind Yeti* is a great resource and would be especially helpful to practice using while we are all at home. I have added the links to each of the Mind Yeti videos that the Committee for Children has provided.

Get your Mind Ready with Mind Yeti

<https://www.youtube.com/watch?v=j8sYqsD2WZQ&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw&index=2&t=0s>

What is Mindfulness?

https://www.youtube.com/watch?v=bqoBX_mN6JA&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw&index=3

Hello Breath: Listen

<https://www.youtube.com/watch?v=SIPMk9qHJBQ&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw&index=2>

Hello HubBubbles: Listen

<https://www.youtube.com/watch?v=7qKcI6yGAYg&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw&index=4>

Finding Your Yeti Body

<https://www.youtube.com/watch?v=ge8CqeffVaw&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw&index=5>

Hello Body: Listen

<https://www.youtube.com/watch?v=SDT2cHmfjUg&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw&index=6>

Your Amazing Brain

<https://www.youtube.com/watch?v=sMtMgGZHqC4&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw&index=7>

Slow Breathing Part 1: Listen

<https://www.youtube.com/watch?v=7mAzdYML-10&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw&index=8>

The Tree in the City: Listen

<https://www.youtube.com/watch?v=qp4Bay5ePCY&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw&index=15>

Hello Gratitude: Listen

<https://www.youtube.com/watch?v=66k4P8yygLs&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw&index=9>

The Kid and the Hat: Listen

https://www.youtube.com/watch?v=96QgrM_2YS8&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw&index=10

One Sound: Listen

<https://www.youtube.com/watch?v=ortwTQLs3HU&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw&index=11>

Soung Change: Listen

<https://www.youtube.com/watch?v=ZD8klawf5eI&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw&index=12>

Hello Feet: Listen

<https://www.youtube.com/watch?v=d7CSmhlAGZg&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw&index=13>

Slow Breathing Part 2: Listen

<https://www.youtube.com/watch?v=Dfcd7uhWF14&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw&index=14>

The New Kid: Listen

https://www.youtube.com/watch?v=W_c8lydJ_8Q&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw&index=16

Thank You Nature: Listen

<https://www.youtube.com/watch?v=Oyl1uk3cSHc&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw&index=17>

Hello Thoughts: Listen

https://www.youtube.com/watch?v=ieNLE_QZr5c&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw&index=18

Hello Feelings: Listen

https://www.youtube.com/watch?v=8Qf_-DLLwUg&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw&index=19