

Resiliency Resources

APPS

Calm

Headspace

Insight Timer

Inner Explorer – HOME

Mindful Powers

Smiling Mind

Breathe, Think, Do with Sesame

Three Good Things: A Happiness Journal

Moshi Kids

YOU-TUBE VIDEOS

Breathwork for Kids (with Teacher Kayla)

Take A Breather! 4 Minute Box Breathing

Cosmic Kids Breathing Adventure

Balloon Breathing Exercise for Kids

Rainbow Relaxation: Mindfulness for Children

TOOLKITS

Greater Good Toolkit for Kids (\$52 on Amazon)
