

JUNIOR SCHOOL - PREP TO GRADE 2

MINDFULNESS:

Bulldog finds his quiet place	https://youtu.be/QKDLEdpRIRE
Breath Meditation	https://www.youtube.com/watch?v=CvF9AEe-ozc
Balloon guided relaxation	https://www.youtube.com/watch?v=ZBnPlqQFPKs
Spiderman Yoga	https://www.youtube.com/watch?v=fnO-IGEMOXk
Pokemon Yoga	https://www.youtube.com/watch?v=tbCjkPlsaes
Minecraft Yoga	https://www.youtube.com/watch?v=02E1468SdHg
Star Wars Yoga	https://www.youtube.com/watch?v=coC0eUSm-pc
Frank the Frog Yoga	https://www.youtube.com/watch?v=TY8xx7c6_z0
The very hungry caterpillar	https://www.youtube.com/watch?v=xhWDiQRrC1Y
Harry Potter yoga	https://www.youtube.com/watch?v=R-BS87NTV5I
Alice in Wonderland yoga	https://www.youtube.com/watch?v=u8sEfRXRuAw
Jungle Safari yoga	https://www.youtube.com/watch?v=C4CaR0syf1g
On the farm yoga	https://www.youtube.com/watch?v=YKmRB2Z3g2s
Full body stretch	https://www.youtube.com/watch?v=xELgfiXSw-s
Breathing and Stretching	https://www.youtube.com/watch?v=cyvuaL_2avY
Monkey meditation	https://www.youtube.com/watch?v=jKSkAtFUjo0
Monkey deep breathing	https://www.youtube.com/watch?v=TXYHdRP8DsA
Be the pond meditation	https://youtu.be/wf5K3pP2IUQ
Mini the puppy meditation	https://www.youtube.com/watch?v=K7FUbTac_ds
Superpower listening	https://www.youtube.com/watch?v=jJ9zpRAPIuI
Thought bubbles	https://www.youtube.com/watch?v=xUUq0HuSLS0

Yes you can	https://www.youtube.com/watch?v=jzYtNWjQiKO
The bye bye boat	https://www.youtube.com/watch?v=A0kaS7jny_I
Movies in my mind	https://www.youtube.com/watch?v=JTb1XgZ3x-w
Hidden Treasure	https://www.youtube.com/watch?v=gj9mTHs46DY
Mine!	https://youtu.be/VUs9WxPGoGU
Master the monkey	https://www.youtube.com/watch?v=h2cSCCUpVZQ
Mindful walking	https://www.youtube.com/watch?v=OP3Deuv8tbc
Alphabet yoga A to Z	https://www.youtube.com/watch?v=E0RUN0e3ZGY
Enchanted Forest	https://youtu.be/b57QvR1Ysyw
Smiling Mind	https://www.smilingmind.com.au/
Belly Breathe	https://youtu.be/_mZbzDOpylA

HAVE SOME FUN!

Washing machine song	https://www.youtube.com/watch?v=dw-0bmtDPnk
Hot air balloonin'	https://www.youtube.com/watch?v=dtQ72gRpVVE
Bunny Bounce	https://www.youtube.com/watch?v=9gV85rd3yTc
Dance Fitness	https://www.youtube.com/watch?v=PSgZI8f5leU
Dinosaur Disco	https://www.youtube.com/watch?v=isAbhjIYamA

BOOKS TO LISTEN TO

The rainbow fish	https://www.youtube.com/watch?v=Z3cmddZh6t8
Saredy Squirrel	https://www.youtube.com/watch?v=mYuWUs1roks
David gets in trouble	https://www.youtube.com/watch?v=wYgORrdXnvQ
Crankenstein	https://www.youtube.com/watch?v=XyINfmOVNzQ

Giraffes can't dance

<https://www.youtube.com/watch?v=psDS8gsBUXo>

LEARN SOMETHING NEW

RESPECT

<https://www.youtube.com/watch?v=GOzrAK4gOSo>

COURTEOUS

<https://www.youtube.com/watch?v=lpMfYtd5IZs>

RELAX

https://www.youtube.com/watch?v=Cq_eDGKs5MU

EMPATHY

https://www.youtube.com/watch?v=9_1Rt1R4xbM

KINDNESS

<https://www.youtube.com/watch?v=enaRNnEzwi4>

CONFIDENCE

<https://www.youtube.com/watch?v=ctNg0DgMa-o>

ANXIOUS

<https://www.youtube.com/watch?v=TDFEW3eAIlg>

PATIENCE

<https://www.youtube.com/watch?v=qgeuCgODgv4>

What is gratitude?

<https://youtu.be/T5Umo80x9og>