Below is a list of different meditation and breathing videos. Please build at least 1 of these into your planning everyday.

**Mindfulness**

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| **Mindfulness Meditation – Sesame Street**  |
| Sesame Street Monster Meditation 1 :Sense with Cookie Monster and Headspace  |
| Sesame Street Monster Meditation 2 : Goodnight Body with Elmo and Headspace |
| Sesame Street Monster Meditation 3 : Focus Rhyme with Grover and Headspace  |
| Sesame Street Monster Meditation 4 : Try Try Again with Two Headed Monster and Headspace  |
| Sesame Street Monster Meditation 5 : Belly Breathing with Rosita and Headspace  |
| Sesame Street Monster Meditation 6 : Play 1 2 3 Freeze with Elmo and Headspace  |

