

Resources for Mindfulness, Meditation, Relaxation, and Yoga For Kids and Teens



If you are a teenager and stressed, it will be helpful for you to understand how to relax and get rid of that stress! The way we learn today has changed dramatically, with many young people turning to the Internet to learn about various topics. This makes websites one of the best platforms to learn about meditation, mindfulness, relaxation and yoga. Of course, some websites are better than others, which is why we've put together a list of some of the best resources for kids and teens. Check out the links below, and check back frequently for more!

Websites/Articles

[What Is Meditation?](#): So what exactly is Meditation? A website for kids to easily learn about meditation and its benefits. For kids.

[UCLA Mindful Awareness Research Center](#): A series of audio guided meditations, Very easy to follow. A variety of tools, ranging from 5- 19 minutes. Available in English and Spanish. Best for older kids and teens.

[Floating On A Cloud](#): A very quick mindfulness exercise that you can use whenever you want! For kids.

[Meditation Activity](#): A quick online activity/video about relaxation techniques. Watch the video to be guided through a quick exercise. For kids.

[Kids Relaxation](#): A website/blog with many different relaxation and mind-training activities and guides. Perfect for kids!

[Floating On A Cloud](#): A very quick mindfulness exercise that you can use whenever you want! For kids.

Games/Apps

[ICan: Anxiety Free Audio App](#): This is an audio app designed for relaxation through guided meditations. This app also presents some techniques to use a few times a week to build practice. For kids.

[Breathe2Relax App](#): This app is designed to teach users proper breathing techniques for relaxation. It includes a video demonstration as well as breathing “cycles” to help you relax whenever you want from your smartphone/iPad. For kids.

Mindfulness Game: A game for kids that brings attention to how you are currently feeling, while playing the game and having fun. For kids.

Card Game for Kids: A mindfulness card game to play with friends. This game requires you to really understand how you are feeling in the present moment. Need 3 to 6 people. For kids.

Videos

[Mindfulness Exercises for Kids: Still Quiet Place \(GoZen!\)](#): This 3 minute cartoon shows a great way to practice mindfulness techniques. For kids, tween, and teens.

[Mindfulness: Youth Voices](#): A video about teenagers describing how meditation helps them with achieving a better sense of mindfulness. For teens.

[Teaching Mindfulness To Children At Home And In Schools](#): An animated short that explains what mindfulness is to children

and how mindfulness could reduce overall stress and anxiety .
For kids, tweens and teens.

[Why Mindfulness is a SuperPower](#): Cool cartoon video that describes how mindfulness can help with reducing stress and making people happier. Good for teens and adults.

[Mindfulness Activity For Kids](#): An excellently explained, easy to understand video about being mindful. She made this video so kids could easily understand. For kids.

[Mindfulness For Kids, Created By Kids](#): What exactly is mindfulness and how can a kid like me use it? Watch these students explain. For kids.

[Teaching Mindfulness To Children At Home And In Schools](#): An animated short that explains what mindfulness is to children and how mindfulness could reduce overall stress and anxiety .
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