

# The Best Videos on Meditation, Mindfulness, Relaxation, and Yoga for Parents of Stressed-out Kids



## Use Videos on Meditation to Relax with Your Child

Many kids (and parents) have figured out that one of the best ways for them to learn about their world is by watching videos. Going to YouTube or other video channels can be incredibly informative if you want to learn about how to fix something in your house, get the most out of your new cell phone, or to learn about videos on meditation, mindfulness, relaxation and yoga. While there is a wealth of information available, there are also many videos that are not worth watching and may in fact be confusing to understanding how to develop relaxation and stress relief habits. Check out the following list of the videos designed to help kids and adults learn more, updated regularly by our team at South County Child and Family Consultants.

## Videos

[What is Mindfulness?](#) -Mindfulness expert Jon Kabat-Zinn defines mindfulness and discusses the rewards of practicing mindfulness. For adults.

[Anxiety and Mindfulness- Coping Strategies](#) – A video that shows how middle schoolers calm their anxiety with a few simple exercises. For adults.

[Meditation Helps Lower Truancy and Suspensions](#) -A video about how meditation improved the situation of a San Francisco Middle School. For adults.

[TED Talk Mindful Parenting](#) In this TED talk, Daniel Rechtschaffen discusses how to cultivate well-being in students. For adults.

[How to Perform the 4-7-8 Breathing Exercise](#) -A video that provide an explanation on how to perform the “4-7-8” breathing exercise by [Andrew Weil, M.D.](#) For adults

[Yoga For Complete Beginners](#) -A video that provides a tutorial on various yoga techniques for beginners. For adults

[Guided Audio Meditation](#) -A good starting point to find videos for easy meditation and mindfulness techniques. For kids, teens, and Adults.

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