



Mindfulness/Breathing

- **[Mindfulness Exercise](#)**
Increasing one's mindfulness can result in reduced symptoms of anxiety and depression, improved concentration, and a number of interpersonal benefits. Like any skill, becoming more mindful takes practice. Use this worksheet to learn several techniques to practice and increase your mindfulness.
- **[HERE Meditation](#)**
The HERE mobile app is designed to help rapidly relieve stress & anxiety. It works by pairing interactive exercises (staring/swiping), with breathing, music and/or guided meditation to stimulate the relaxation response and promote executive functioning. This game-like approach can be used by the whole family, and may help calm cabin fever, or provide a mental break in between homeschool activities. The mobile app is entirely free and accessible for iOS and Android users.
- **[Breathing Strategies](#)**
Breathing exercises are some of the simplest and most effective strategies students can do to relieve stress, gather focus, and re-center. They can be done anywhere! Students can perform breathing exercises lying down, standing up, or sitting down.
- **[Meditation Apps for Kids](#)**
Kids of all ages can reap the benefits of meditation and mindfulness using technology. Meditating even only a few minutes a day has proven to reduce stress, boost immunity, aid memory and concentration, decrease depression and anxiety, and even make you more compassionate. These tools will guide kids through the process and help them relax and ground themselves.
- **[Guided Breathing Meditation for Kids](#)**
Breathe with Me guides young ones ages 4–8 through six guided breathing meditation exercises to promote body awareness, calm anger, feel stronger in new situations, energize in the morning, and relax at bedtime.
- **[Family Mindfulness Schedule](#)**
Mindfulness, simply put, is being focused on the present moment. This skill improves emotional awareness and reduces stress. A parent can help their child achieve mindfulness by modeling mindfulness themselves, or by teaching their child to focus on the present moment.

- **Mindfulness Meditation**

Like any skill, becoming more mindful takes practice. Use this worksheet to teach clients about several techniques they can use to practice and increase their mindfulness. The exercises include mindfulness meditation, body scan, mindful eating, and five senses.

- **Progressive Muscle Relaxation**

This exercise will help you to lower your overall tension and stress levels, and help you relax when you are feeling anxious. It can also help reduce physical problems such as stomachaches and headaches, as well as improve your sleep.