

# Mindfulness

## Contents

- Recordings
  - Introduction to Mindfulness for adolescents
  - Introduction to Mindfulness for parents of children
  - Using your senses
  - Mindful breathing
  - Mindful body scan
  - Leaves on a stream
  
- Scripts:
  - Using your senses
  - Mindful breathing
  - Mindful body scan
  - Leaves on a stream
  - Mindful movement
  
- Books for parents
- Apps
- Relaxing Music





# Using your senses



Hello and welcome to Mindfulness with Shilan.

This is a script for mindfulness using your 5 senses. This is sometimes also called 5,4,3,2,1.

You can do this anywhere if you are struggling with any big thoughts or feelings, for example if you are really stressed or anxious about something. It will help you ground in your surroundings.

If you haven't listened to it yet, but would like to know a little bit about what mindfulness is, please take a few moments to listen to the introductory session on our website.

There's no pressure to get this 'right' – just give it a go and try your best.

Start by taking a slow, deep, breath in through your nose for 5 seconds, and then out through your nose slowly for 5 seconds. Breathing in and out through your nose.

Do another 4 breaths like this, breathing in through your nose, and then out through your nose, as slowly as you can.

When you are ready, begin by tuning into your sight sense. Take notice of 5 different things that you can see right now – noticing the details, the colours, the shapes. You might not have noticed some of these things before. Take your time with this, there's no rush.

Then, tuning into your feeling sense. Take notice of 4 things you can physically feel on your skin (like a breeze or your clothes) or an emotion, a feeling. Again, really take notice of the sensation – there is no rush.

Now, tuning into your hearing sense. What 3 things can you hear in this very moment? How close or far away are they? Where do they come from? How quiet or loud is the sound? Without judging the sounds, just taking notice of them, be curious about them.

This next one is a bit more difficult. Tune into your taste, or mouth sense. What 2 things can you taste, if anything at all? Maybe something that you ate earlier.

And lastly, what can you smell? What 1 smell can you take notice of? Don't worry if there's nothing at all.

And before we end, just take a moment to check in with yourself. How do you feel? Is it any different to how you felt before doing this exercise?

You can do this anywhere, anytime. If you don't want to or can't do all of your senses, that's okay. Just try to use whichever senses you can, and take your time with it – no rush.

You can come back to this, or check out any of our other exercises to practice becoming more mindful. The only way to get better, is to keep practicing!

Thank you for joining, and I hope you'll come back soon.

**Insert link to recording when uploaded on website**



# Mindful Breathing



Hello and welcome to Mindfulness with Shilan.

**This is a script for mindful breathing. You can use this to reconnect to the present moment using your breath as an anchor to ground you. If you haven't listened to it yet, but would like to know a little bit about what mindfulness is, please take a few moments to listen to the introductory session on our website.**

**If you're feeling anxious, stressed, sad, angry, or frustrated, you can use this exercise to take a step away from any big thoughts or feelings that might be overwhelming you right now.**

**If you get distracted while doing this, don't worry! As soon as you notice, just gently bring your focus and attention back to my voice and the exercise. There's no pressure to get this 'right' – just give it a go and try your best.**

Before we start, take a moment to check-in with yourself – how do you feel? You can think of a word, a colour, a shape, weather, a number to represent what emotion you are feeling at this moment.

Start by finding a relaxed, comfortable position. Try to keep your back upright by rolling your shoulders back and place your feet on the floor. If you feel safe enough to do so, I invite you to close your eyes. If you would prefer to keep them open, just find something in front of you that you can focus your gaze and try to keep your gaze there for the duration of this exercise. Rest your hands wherever they feel comfortable.

Now, let yourself relax and become curious about your body seated here— notice the feeling of your body on the chair – the sensations that your body experiences, the touch, the connection with the floor or the chair. Take notice of any noise in the room without judgement, and gently return your awareness to your body in the chair.

Begin to tune into the rhythm of your breath and feel the natural flow of the breath. You don't need to do anything to your breath. You don't need to change it, but just to observe its natural rhythm. Notice where you feel your breath in your body. It might be in your abdomen. It may be in your chest or throat or in your nostrils. See if you can feel the breath, one breath at a time. When one breath ends, the next breath begins. You don't need to change or alter the breath, just take notice of it without judgement.

Now as you do this, you might notice that your mind starts to wander. You may start thinking about other things, you may become distracted by external noise in the room. If this happens, it is not a problem. It's very natural. Try to notice that your mind has wandered, and when you do, just gently redirect your attention right back to the breathing.

Stay here for five to seven minutes. Noticing your breath, in silence. From time to time, you may get lost in thought. Try to notice this without judgement, then return to your breath.

Stay here for a few minutes.

When you feel ready, once again bring your attention to notice your body, your whole body, seated here. Bring your attention to any sensations, any sounds, or smells in the room. Try to remember where you are, try to remember who you're seated next to.

When you feel ready to, gently open your eyes and take notice of what's around you, one small detail at a time.

You can come back to this, or check out any of our other exercises to practice becoming more mindful. The only way to get better, is to keep practicing!

**Insert link to recording when uploaded on website**

Thank you for joining and I hope you'll come back soon!



# Mindful Body Scan



Hello and welcome to Mindfulness with Shilan.

In this recording, I am going to talk us through a body and breath mindfulness that you can use to reconnect to your body, using it as an anchor to ground you in your present moment, to calm your mind and connect to your feelings. This is similar to mindful breathing, but takes you a little further to connect with physical sensations of any difficult feelings or thoughts you might be having.

If you're feeling anxious, stressed, sad, angry, or frustrated, you can use this exercise to take a step away from any big thoughts or feelings that might be overwhelming you right now.

If you haven't listened to it yet, and would like to know a little bit about what mindfulness is, please take a few moments to listen to the introductory session.

If you get distracted while doing this, don't worry! As soon as you notice, just gently bring your focus and attention back to my voice and the exercise. There's no pressure to get this 'right' – just give it a go and try your best.

Before we start, take a moment to check-in with yourself – how do you feel? You can think of a word, a colour, a shape, weather, a number to represent what emotion you are feeling at this moment.

Begin by bringing your attention to your body, and settling into a comfortable position, either sitting with your feet flat on the ground, or your legs crossed, or lying down on a comfortable surface...

Gently roll your shoulders back to open up your chest and place your hands either palms facing down on your thighs, or gently in your lap.

If you feel comfortable to do so, close your eyes for this exercise. Otherwise, find something that you can focus your attention on and try to soften your gaze there for the duration of the exercise.

Now, feeling your body begin to relax into your chair, the bed, or whatever surface you're on. Starting with a couple of breaths – breathing deeply in through the nose and feeling your lungs expand, and then breathing out through the mouth to feel the body relax. Do these two more times, as slow and deep as you can.

Now, bring your attention to your face, your scalp, your jaw – notice any sensations or feelings in this part of your body. Is your forehead scrunched up? Is your jaw clenched? Maybe you notice a mild headache, or nothing at all. Just taking notice of anything you feel, without judging it or trying to change it or get rid of it.

Bringing your attention to your neck and your throat, take notice of what you feel there. Are there any sensations there, or none at all? Stay here for a moment. If you notice yourself getting distracted, you can come back to the exercise by coming back to your breath.

Now focus on your shoulders, is there any pain or tension there? Any other feelings? Have you scrunched them up, do they begin to relax as you focus on this area?

And slowly your attention further down... tracing the tops of your arms, your elbows, forearms, wrists, palms and then your fingers with your focus. Can you feel anything here? Maybe all you can feel is your palms against your thighs – that's great. Remember to just take notice – whether pleasurable or painful, the sensation will pass.

Now, focussing on the front of your torso, see if there's anything there. Any tightness, or pains, maybe you feel hungry or can feel your chest rising and falling as you breathe.

And then bring your attention to your back – the upper back, lower back... what can you feel? Take a moment to just take notice.

Moving down to your legs, can you notice any sensations along the top and bottom of your upper thighs, your knees, calves... is there any feeling there, whether pleasant or uncomfortable? Your ankles, and your feet... the arch, the heel, your toes... what do you notice?

Remember you can always come back to the breath if you get frustrated or bored.

Feel your feet sinking heavy into the ground, and take notice of your entire body here in this space.

Take two more deep breaths in through the nose, and out through the mouth. And then bring your attention, without opening your eyes, to the space around you.

Can you remember where you are, who you're sat next to, and what is in front of you? Take notice of any sounds around you. You can wiggle your fingers and your toes.

And when you're ready, you can begin to flutter your eyelids open gently.

You can come back to this, or check out any of our other exercises to practice becoming more mindful. The only way to get better, is to keep practicing. Thank you for listening to this recording. Please click on the link below.

[Insert link to recording when uploaded on website](#)



# Leaves on a Stream



Hello and welcome to Mindfulness with Shilan.

In this recording, I am going to talk us through an exercise called leaves on a stream. Leaves on a stream is a visualisation exercise that can help you to get some distance from thoughts that might be overwhelming you right now. It is an exercise to help you be mindful of your thoughts.

If you haven't listened to it yet, and would like to know a little bit about what mindfulness is, please take a few moments to listen to the introductory session.

**If you get distracted while doing this, don't worry! As soon as you notice, just gently bring your focus and attention back to my voice and the exercise.** We are going to take a be doing a visualisation exercise today, some people find this harder than others, just try your best – there's no pressure to 'get it right'.

Before starting the exercise, take a moment to remember that thoughts are not facts and that you do not need to act on them.

Sitting upright in a comfortable position, noticing the weight of your body here in this moment. You can either close your eyes or rest them gently on a fixed spot in the room and try to keep your gaze there for the duration of this exercise. Rest your hands wherever they feel comfortable. Visualize yourself sitting beside a gently flowing stream with leaves floating along the surface of the water. Take a moment to consider what's around you, what you can see, and the leaves floating along the surface of the water. Pause 10 seconds.

For the next few minutes, when you notice a thought enters your mind, taking your time, gently take each thought and place it on a leaf, and let it float by. Do this with each thought – pleasurable, painful, or neutral. Even if you have joyous or enthusiastic thoughts, place them on a leaf and let them float by.

If your thoughts momentarily stop, continue to watch the stream in your mind's eye. Sooner or later, your thoughts will start up again. Instead of getting lost in the thought, see if you can catch it and gently place it on a leaf, and watch it float by on the surface of the water. Pause 20 seconds.

Allow the stream to flow at its own pace. Don't try to speed it up and rush your thoughts along. You're not trying to rush the leaves along or 'get rid' of your thoughts. You are allowing them to come and go at their own pace.

If your mind says, "This is silly," "I'm bored," or "I'm not doing this right," place those thoughts on leaves, too, and let them pass. Pause 20 seconds.

If a leaf gets stuck, allow it to hang around until it's ready to float by. If the thought comes up again, watch it float by another time. Pause 20 seconds.

If a difficult or painful feeling arises, simply acknowledge it. Say to yourself, "I notice myself having a feeling of boredom / impatience / frustration." Place those thoughts on leaves and allow them float along.

From time to time, your thoughts may hook you and distract you from being fully present in this exercise. This is normal. As soon as you realise that you have become side-tracked, gently bring your attention back to the visualisation exercise.

And when you're ready, you can begin to flutter your eyelids open gently.

You can come back to this, or check out any of our other exercises to practice becoming more mindful. The only way to get better, is to keep practicing! Thank you for joining, and I hope you'll come back soon.

**Insert link to recording when uploaded on website**



# Mindful Movement



Hello and welcome to Mindfulness with Shilan.

In this recording, I am going to talk us through a mindful movement exercise.

This can help you connect with your body in the present moment.

If you haven't listened to it yet and would like to know a little bit about what mindfulness is, please take a few moments to listen to the introductory session.

If you get distracted while doing this, don't worry! As soon as you notice, just gently bring your focus and attention back to my voice and the exercise. There's no pressure to get this 'right' – just give it a go and try your best. Lets get curious about how it feels to move! Give yourself some space to stand up in a minute, and if you can, take your shoes off.

Before we start, sit up right take a moment to check-in with yourself – how do you feel? You can think of a word, a colour, a shape, weather, a number to represent what emotion you are feeling at this moment.

Now, feeling the weight of your body, feeling your feet touching the floor, feel back against the chair, the thighs and hands and any other part of the body that's making contact with something else.

In a moment, when we start to move, we'll take our time, paying attention with curiosity to each movement that we make and being curious about how it feels in the body.

Now, taking your time, slowly start to rise up, moving as you normally would, come into a standing position, with your feet slightly apart so you can stand comfortably.

With both hands hanging straight, let them hang heavy by your side. Pause 5 seconds. Take notice of how this feels in any part of your body. Like noodles dangling heavy!

Now, slowly move your arms up to be parallel to the ground – like you're a zombie! How did that movement feel? Paying attention to each and every sensation, changing as we move, slowly. Pause 5 seconds. Bring them back down. Do it one more time – up, and then down, paying attention to the breath.

Now close your eyes, and tune in, what sensations do you feel in your body? What happened to your breath?

Then, with your eyes open, stretch your right hand up, as if you were picking fruit, and let your body stretch, let your left heel come up and just gently stretch. Settle down and close your eyes and take a moment to feel that sensation, that parts of the body. Going as slowly as you can, being curious.

If you notice any thoughts, like 'this is silly' or 'I'm not doing this right' just acknowledge the thought, and gently bring your attention back to the exercise. It's okay if your mind wanders away. Do your best.

Now let's do the opposite side, stretch your left hand up and let your whole body stretch, lifting your left heel up this time. Feeling the sensations there, and then down bringing your heel and your arm down again slowly. Take a moment to close your eyes and tune inwards to see how that felt.

Now, take a big breath in, and move your head to the left, and hips to the right, creating a curve, on the out breath. Paying attention to the smallest movement. On the next breath in, slowly come back to standing straight.

On next out breath, go the opposite direction, moving your head to the right and your hips to the left, creating a curve. And again, on the next in breath, come back to standing.

Stand here for a moment, with your arms hanging by your side, breathing, and tuning in to sensations and your breath. What changed then?

We'll finish with some shoulder rolls, moving your shoulders forwards so your back stretches like a cat, move your shoulders up towards ears, then back towards each other so your chest is open, then down again, and then all the way around again, following your breath. Then, switch direction for a few rounds, tuning in to how it feels, without judgement.

Stand here for a moment, tuning in to any and all sensation, your body and your breath. You can shake your body, and carry on if you want, or end here with me.

You can come back to this, or check out any of our other exercises to practice becoming more mindful. The only MS, Dementia, and Autism friendly recording in the world, and our hope, will come back soon.

[Insert link to recording when uploaded on website](#)



# Resources

Insert link to recording when uploaded on website

# Mindfulness Resources for School Aged Children-Young People and Their Parents

## Books and CD's

### **A Handful of Quiet: Happiness in Four Pebbles**

- Developed by Zen master, bestselling author, and peace Nobel Prize nominee Thich Nhat Hanh. *A Handful of Quiet* contains complete instructions for pebble meditation designed to involve children in a hands-on and creative way that touches on their interconnection with nature. Pebble meditation is a groundbreaking and completely unique technique to introduce children to the calming practice of meditation. Whether practiced alone or with the whole family, pebble meditation can help relieve stress, increase concentration, nourish gratitude, and can help children deal with difficult emotions. Beautiful color illustrations by Wietske Vriezen, illustrator of *Planting Seeds* (ISBN-13: 978-1-935209-80-5) and *Mindful Movements* (978-1-888375-79-4).

### **Buddha in Blue Jeans: An Extremely Short Simple Zen Guide to Sitting Quietly (2011)**

- by [Tai Sheridan](#) (Author).
- Poet-philosopher and Zen Priest Tai Sheridan's 'Buddha in Blue Jeans' is an extremely short, simple and straight forward universal guide to the practice of sitting quietly and being yourself, which is the same as being Buddha. Sitting quietly can teach many ways to accept life, meet pain, age gracefully, and die without regret. The book encourages sitting quietly every day. Topics include: Sit Quietly; Care For Your Body; Accept Your Feelings; Give Thoughts Room; Pain is Natural; Be Who You Are; Live Each Moment Well; Love Indiscriminately; Listen to Others; Be Surprised; Wonder; Live gratefully; Do No Harm; Benefit life; A Wish for The World. The book is for people of any faith, religion, race, nationality, gender, relationship status, capacity, or meditation background

### **Mindfulness Meditations for Teens Audio CD – Audiobook, (2011)**

- by [Bodhipaksa](#) (Author)
- Studies have shown that teens who meditate are happier, more focused, and less likely to engage in unhealthy behaviors ranging from bullying to bulimia. Mindfulness is a way of holding on to your sanity when life seems to be going out of its way to make you go crazy -- with people who don't understand you, work, schoolwork, stress, and scheduling challenges that would baffle a super-computer. Mindfulness is a way of getting back control over what goes on in your head, so that your own thoughts and emotions don't drive you insane. Mindfulness can help you discover the real you that's buried below all the junk that life fills your head with. It helps you to be more genuinely yourself. Once you learn to quiet your mind you'll find that there's a calmer, more positive, more creative you just waiting to be let free.

### **Relaxation and Self-Regulation Techniques for Children and Teens: Mastering the Mind-Body Connection Audio CD (2011)**

- by [Dr. Mary Karapetian Alvord](#) (Author), [Dr. Bonnie Zucker](#) (Author), [Bryce Alvord](#) (Author)
- This relaxation audio CD offers children, adolescents, as well as adults a variety of techniques for creating inner calmness, mental clarity, and beneficial physiological changes. Based on empirically-supported approaches to promote self-regulation, it is the perfect accompaniment to the book, Resilience Builder Program, or it can be used on its own. It includes tracks of varying lengths devoted to calm breathing techniques, visualization, progressive muscle relaxation, attentive breathing technique, mindfulness meditation, and self-talk.

### **Sitting Still like a Frog.**

- Simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions. Book and 60-minute audio CD of guided exercises read by Myla Kabat-Zinn. Mindfulness—the quality of attention that combines full awareness with acceptance of each moment, just as it is—is gaining broad acceptance among mental health professionals as an adjunct to treatment. This little book is a very appealing introduction to mindfulness meditation for children and their parents. In a simple and accessible way, it describes what mindfulness is and how mindfulness-based practices can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware. The book contains eleven practices that focus on just these scenarios, along with short examples and anecdotes throughout. Included with purchase is an audio CD with guided meditations, voiced by Myla Kabat-Zinn, who along with her husband, Jon Kabat-Zinn, popularized mindfulness-based stress reduction (MBSR) as a therapeutic approach.

### **The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time (The Instant Help Solutions Series) (2015)**

- In this powerful book, a pediatrician specializing in teen and adolescent medicine offers a breakthrough mindfulness program to help you deal with stress in healthy ways, improve communication, and reduce conflicts with family and friends. Being a teen is stressful! Whether it's school, friends, or dating, the teen years are full of difficult changes—both mentally and physically. If you're like many teens, you may have difficulty dealing with stress in effective ways. You aren't alone, and there are things you can do to stay calm, no matter how stressful life becomes. All you need to do is stop, breathe, and be mindful and aware in the present moment. *The Mindful Teen* offers a unique program based in mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT) to help you deal with stress. The simple, practical, and easy-to-remember tips in this book can be used every day to help you handle any difficult situation more effectively—whether it's taking a test at school, having a disagreement with your parents, or a problem you are having with friends. If you're ready to uncover your own inner strength and resilience through mindful awareness and take charge of your life, this book will show you how.

### **Splendid Cities: Color Your Way to Calm (June 2015)**

- by [Rosie Goodwin](#) (Artist), [Alice Chadwick](#) (Artist). A coloring book that will relax and inspire--all the while transporting you to the world's most wonderful cities. The most splendid cities in the world--some real, others imagined--come alive under your hand. Open this book and let yourself be drawn into a world tour dotted with floating kingdoms in the sky and spooky cities, and taking you from the domes of Moscow to the top of the Eiffel Tower. This journey knows no limits! So take your time, relax, and let your imagination run free! Get out your markers or pens and discover the calming pleasure of colouring.

**Insert link to recording when uploaded on website**



# Mindfulness Resources for School Aged Children-Young People and Their Parents continued

## Books for Parents

### **Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behaviors (2009)**

- by Pat Harvey ACSW LCSW-C (Author), [Jeanine Penzo LICSW](#) (Author)
- Temper tantrums in the supermarket and tears that seem to come out of nowhere, battles over homework that are more like wars? When your child has problems regulating his or her emotions, there's no hiding it. Children with intense emotions go from 0 to 100 in seconds and are prone to frequent emotional and behavioural outbursts that leave parents feeling bewildered and helpless. Other parents may have told you that it's just a phase or that your child needs discipline. In reality, your child may have emotion dysregulation, a tendency to react intensely to situations other children take in stride. Learn how to de-escalate your child's emotions and help your child express feelings in productive ways. You'll learn strategies drawn from dialectical behaviour therapy (DBT), including mindfulness and validation skills, and practice them when your child's emotions spin out of control. This well-researched method for managing emotions can help your child make dramatic emotional and behavioural changes that both of you will be proud of.

### **Self-Regulation Interventions and Strategies: Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD or Sensory Disorders (2014)**

- Keeping children bodies, minds and emotions on task just got easier with this new book from self-regulation expert Teresa Garland. Featuring more than 200 practical and proven interventions, strategies and adaptation for helping children gain more control over their lives. Each chapter provides rich background and theoretical material to help the reader better understand the issues our children face. Topics include: \*Basic and advanced methods to calm a child and to preventing outbursts and melt-downs; \*Interventions to help attention problems, impulse control, distractibility and the ability to sit still; \*Stories and video-modeling for autism, along with techniques to quell repetitive behaviors \*Sensory strategies for sensitivity and craving; \*Behavioral and sensory approaches to picky eating \*Ways to increase organization skills using technology and apps; \*Strategies for managing strong emotions as well as techniques for releasing them.

### **Parenting in the Present Moment: How to Stay Focused on What Really Matters (2014)**

- This generation of parents is overwhelmed with parenting advice. Carla Naumburg sets out to remind them that they have everything they need to raise healthy, happy children. Mindful parenting is about paying attention to what is going on with your children and yourself, without judging, freaking out, or thinking everyone should be doing something differently. In *Parenting in the Present Moment*, Naumburg shares what truly matters in parenting — connecting with children in ways that are meaningful to them and you, staying grounded amid the craziness of parenting, and staying present for whatever life throws your way. She weaves the most current theories — about healthy relationships, compassionate self-care, and mindfulness — throughout vignettes of her own chaotic childhood and parental struggles. She shows how mindfulness creates a solid foundation for any style of parenting, regardless of your cultural background, socioeconomic status, or family structure. She also introduces the STAY model for tough times: Stop whatever it is you're doing; Take a breath; Attune to your thoughts and those of your child; and Yield. Parenting is an ongoing journey that constantly challenges every parent. *Parenting in the Present Moment* will help each family find its own way.

### **Goldie Hawn's 10 Mindful Minutes**

- In her new book, Goldie Hawn presents elements of the MindUP program that parents can use in daily life with kids. Hawn explain that mindfulness helps children develop social and emotional intelligence, resulting in greater self-awareness, less stress, and higher levels of happiness and empathy. Hawn explains how to help children use mindful breathing and focused attention to become more reflective and self aware to gain greater emotional control. Goldie Hawn's gentle, heartfelt approach to mothering and her mission to help children develop happier, healthier lives will be both useful and inspiring for parents.

## Videos for Parents of Children

- [5x5 Mindfulness for Children, Episode 3. Relaxing Raisins. - YouTube](#)

Insert link to recording when uploaded on website

# Apps and Music

## APPS For Mindfulness Meditation, Managing Anger and Anxiety

**Headspace Meditation App** Gives you your very own personal trainer, to help you train your mind. What you get: Free access to Take10, Level 1 of the Foundation Course – learn the basics in 10 x 10 minute meditations:  
- Personalised progress page to track your stats  
- Buddy system for you and your friends to motivate each other in your journey's - Rewards for regular meditation - Reminders to keep you on track with your practice. Ability to download sessions for offline use

**Insight Meditation Timer** Teens love seeing the map graphic on the Insight Timer that shows all the locations worldwide where people are meditating.

**Rays of Calm** Created for teenagers, this high-quality download has 10 tracks ranging in length from three to eight minutes leading you through various relaxation techniques and visualisations designed to promote a sense of calm and well-being and to help teenagers deal with stress.

**Reachout 1 Giant Mind** - This app teaches you how to meditate so you feel calmer, more rested and present. It offers three levels of instruction that can be practiced anywhere, at any time, so you feel calmer, more rested and present. You can change the length of each session and select the background sounds, tones and music. There is a step-by-step audio and video guide to support you through each meditation, with a journal tool that logs your progress. You can redo any of the sessions as many times as you like. Age: 12+

**Reachout Breathe** helps you reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone (iOS) Using simple visuals, Breathe helps you control your breath and measures your heart rate in real-time using the camera in your phone. This lets you address the onset of physical symptoms of stress, like shortness of breath, increased heart rate and tightening of the chest.

**Reachout Worry Time** - free mobile app that gives you a place to store your worries, and alerts you when it's time to think about them. WorryTime helps you control everyday stress and anxiety by acting as a place to store your daily worries, set a worry time that suits your schedule, when WorryTime sends you an alert it's time to think about what's been stressing you out. At other times tell your brain to forget it. Age: 12+

**Smiling Mind.** Designed for adolescents with an Australian or British accent!

**Stop, Breathe, and Think.** This free app opens with a short "interview" where the user selects several words to describe how they are feeling, and then the app recommends guided meditations for their current state.

**Take a Break!** Not necessarily just for teens, but it provides short guided meditations for stress relief.

**Zen Space** An app where you create your own Japanese sand and rock relaxation garden with relaxing music in the background. Another way to engage in relaxation

### Additional apps:

Breathe, Think, Do Sesame

Calm

DreamyKid

Headspace: Guided Meditation and Mindfulness

Kids Yoga Deck

Stop, Breathe, and Think Kids

Breathing Bubbles

Smiling Mind

Positive Penguins

Calm Counter

Emotionary

Take a Chill

Chill Outz

Super Stretch Yoga

Relax Melodies

Mindful Yeti

### Relaxing Music

- Relaxing music with nature images <https://www.youtube.com/watch?v=c2-e7Z1LEL8>
- Indigo Dreams: Teen Relaxation Music | Stress Free Kids <https://www.youtube.com/watch?v=LQHV1-UWoMU>
- Indigo Teen Dreams: Guided Relaxation CD Designed to Decrease Stress, Anger, and Anxiety while Increasing Self-Esteem and Self-Awareness focus on Stress Management Techniques for Teens <http://www.stressfreekids.com/265/indigo-teen-dreams>
- Indigo Ocean Dreams: Relaxation and Stress Management Techniques Woven Into Stories for Older Children, Improve Sleep, Manage Stress, Lower Anxiety, Reduce Anger, and Increase Self-Esteem
  - <http://www.stressfreekids.com/181/indigo-ocean-dreams>
- Happy Relaxing Guitar Music For Children <https://www.youtube.com/watch?v=pd4j9osCNT4>
- Safe and Calm for Children -- Children Meditation Song -- Children's Songs by The Learning Station <https://www.youtube.com/watch?v=tVM9JKbllqU&list=RDpd4j9osCNT4&index=17>
- Autism relaxation: relaxing sensory experience. Music with relaxing sensory images (created by a young person with autism) <https://www.youtube.com/watch?v=ztA3F6WqG4>
- Autism Relaxation: Calming Sensory Room <https://www.youtube.com/watch?v=XlMjpeTz3MY> (another clip created by the same young person with autism).
- LONG Playlist of Relaxing Soft Piano Music to Sleep and Study <https://www.youtube.com/watch?v=vCYk9CRx0g8>

**Insert link to recording when uploaded on website**