1. Insight Timer
2. Calm
3. Headspace
4. Waking Up Children
5. Smiling Mind
6. Breathe, Think, Do with Sesame

7. Alphabreaths by Christopher Willard and Daniel Rechtschaffen
8. Breathe Like a Bear by Kira Willey
9. A Handful of Quiet by Thich Nhat Hanh
10. Stand Tall Like a Mountain by Suzy Reading
11. Sitting Like a Frog by Eline Snel
12. I Am Yoga by Susan Verde
13. I Breathe by Susie Brooks
14. Matt’s Swirly World by Madeleine Matthews
15. Slumberkins: by Slumberkins
16. Breathe and Be by Kate Coombs
17. Silence by Lemniscates
18. What Does it Mean to be Present? by Rana DiOrio
19. Take the Time by Maud Roegiers
20. I am Peace by Susan Verde and Peter H. Reynolds
21. Puppy Mind by Andrew Jordan Nance
22. I Can Handle It! by Laurie Wright
23. I Matter (Mindful Mantras) by Laurie Wright
24. Charlotte and the Quiet Place by Deborah Sosin
25. My Magic Breath by Nick Ortner
26. Breathing Makes it Better by Christopher Willard
27. Bee Still by Frank Silio
28. Mind Bubbles by Heather Krantz
29. Wild Mindfulness by Laura Larson
30. A World of Pausabilities by Frank Silio
31. Here and Now by Julia Denos
32. Mindfulness for Kids: Activities for Kindness, Focus, and Calm
33. Relax Kids by Marneta Viegas

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34. Practicing Mindfulness by Matthew Sockolov
35. Mindfulness for Teens in 10 Minutes a Day by Jennie Marie Battistin
36. The Mindfulness Journal for Teens by Jennie Marie Battistin
37. 5-Minute Mindfulness Meditations for Teens by Nicole Libin
38. The Mindful Teen by Dzung X. Vo MD FAAP
39. Mindful Games Activity Cards by Susan Kaiser Greenland
40. Be Mindful Card Deck for Teens by Gina M. Biegel
41. Mindfulness for Teen Worry by Jeffrey Bernstein
42. Cosmic Kids Yoga
43. 20 Minute Yoga for Youth with Nicole Cardoza
44. The Power of Paying Attention by TedX
45. 3 Minutes Body Scan Meditation by Fablefy
46. Cosmic Kids Zen Den Playlist - Mindfulness Series for Kids by Cosmic Kids
47. 5 Mindfulness Exercises for Kids by Cosmic Kids
48. Mindfulness: Youth Voices: by KeltyMentalHealth (for Teens)
49. Everyday Mindfulness by About Kids Health (for Teens)
50. Mindfulness for Teens and Adults by Jennie Marie Battistin
IN THIS EPISODE, CHILDREN WILL

- learn they can train their brain to enjoy each moment as it comes
- travel to Memphis, Tennessee in the USA
- be inspired by Nicole Cardoza, a yoga instructor and social entrepreneur

DISCUSSION QUESTIONS

- What does Nicole imagine when she feels overwhelmed? (that her brain is like a radio)
- What does being mindful mean? (focusing on what's happening here and now)
- How might being mindful help you?

TRY THESE ACTIVITIES

1. Complete Weeks 19 & 20 "Be Mindful" in the Big Life Journal - 1st Edition. Practice mindful smiling every morning when your child wakes up. If done regularly, this exercise will make children happier, healthier, and more positive.

2. Use My Mindfulness Bingo (in our Positivity & Connection Kit) to help your child feel more connected to themselves by practicing mindfulness. This fun bingo game is the perfect introduction to various mindfulness activities.

3. Check out our Mindfulness Playlist on Spotify! This music will help your children relax while doing mindfulness activities.

4. Mindful Brain Breaks (in our Positivity & Connection Kit) are great activities to do throughout the day. When your children are mindful, they're paying attention to what they are seeing, hearing, tasting, smelling – everything in this moment, right now. They only take a few minutes but can make a difference.

5. Check out the Podcast Activity Kit for Seasons 1 & 2. The kit includes engaging activities to boost self-esteem, teach the importance of learning from mistakes, encourage resilience and more!

The Big Life Kids Podcast is produced by Big Life Journal and is available FREE on Apple Podcasts, Spotify, Google Play, and other platforms. Listen to Episode 21 on Apple Podcast (also available on other platforms). All kits can be found on biglifejournal.com.

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