Mindfulness: Ways to Keep Calm and Carry On

Ann Aubuchon  A Calmer Way  www.calmkidzz.com  annaubuchon@gmail.com
Aquarium and Relaxing Music

https://www.youtube.com/watch?v=0vYb9TcUo0Q
Why Aren’t we teaching Mindfulness

https://www.youtube.com/watch?v=-yJPcdiLEkI
Bio- Dots
BIODOT colour interpretation chart

Very relaxed
(violet 94.6F/34.8C)

Relaxed
(blue 93.6F/34.2C)

Calm
(turquoise 92.6F/33.7C)

Involved
(green 91.6F/33.1C)

Unsettled
(yellow 90.6F/32.6C)

Tense
(amber 89.6F/32C)

Very tense
(black 87F/30.6C)
Crackling Fire with Crickets

https://www.youtube.com/watch?v=iz7wtTO7roQ
Forest, Creek and Waterfalls

https://www.youtube.com/watch?v=empSLxnY8UY
Kaleidoscopes and Relaxing Music

https://www.youtube.com/watch?v=q2fIWB8o-bs
Breathing Ball

https://www.youtube.com/watch?v=bruebqzd6Sw

2:17
Breathing 4-7-8

https://www.youtube.com/watch?v=Uxbdx-SeOo
Yoga
Salute to the Sun

https://www.youtube.com/watch?v=LWmLR_KBbO0
Brain Gym
Hook Ups

https://www.youtube.com/watch?v=W8Ns-2yENgc
Fimo/Sculpty Clay
Magic Sand
Thera putty
Aaron's Brain Putty

Mindful Strategies for the Tactile Learner
Meditative Art:
Coloring
Zentangling

https://www.youtube.com/watch?v=ycsONJvXcgc
Relaxing scents:
Lavender
Lemon
Chamomile
Jasmine

Aromatherapy
Brain Waves

https://www.google.com/search?q=Picture+of+the+5+types+of+brain+waves&safe=strict&tbm=isch&source=iu&ictx=1&fir=eTSHNO5TbN19jiM%253A%252CVTdl3AkvTWLnQXM%252C__&usg=__Us81OAfbC0G0Br0S595GoEctO38%3D&sa=X&ved=0ahUKEwiwj1mg5qjZAhUHwVQKHernvC-AQ9QEISTAD#imgrc=EMNGM4XN3W0PUM:
Powerful Miracle Tones
432 + 528 + 639 hz

https://www.youtube.com/watch?v=sTHSfMcn7TY
Singing Bowls

https://www.youtube.com/watch?v=OW7TH2U4hps
HeartMath-Coherence

https://www.heartmath.com/quick-coherence-technique/
Mindful Classroom

https://www.youtube.com/watch?v=Zbn-zrW1HqI
Kids Talking about Mindfulness

https://calmclassroom.com/?gclid=CiwKCAiw3_HOB8aEiwAvLBbony1rVfR9sx-1LOLSNcYV4ttJ97kJ5G6hA1GCZUyYV9KucUVoCRIFQXVAvD_BwE#video-1 high school students Calm Classroom

https://www.youtube.com/watch?v=awo8jUxim0c Elementary students
Teachers Sharing Results of Tapping

https://www.youtube.com/watch?v=dPqQGsYFsX4
Teaching Tapping to Children

https://www.youtube.com/watch?v=CGmalKuatEY
APPs for Mindfulness and Meditation

See separate handout
Ann Aubuchon
A Calmer Way
www.calmkidzz.com
WAKE UP

Music!

https://www.youtube.com/watch?v=p13yZAjhU0M

Wipe Out  Beach Boys
How to make Slime

https://www.youtube.com/watch?v=s5_4oergens
Calming Bottles

https://www.youtube.com/watch?v=QU1gXEKb90o
Binaural Beats
Meditative Music

https://www.youtube.com/watch?v=fKEzM_o6ed8