

## Some Resources for Meditation, Breathing and Relaxation for Children:

1. I think this is really helpful: A free meditation on i-tunes app designed by psychologists: <http://smilingmind.com.au/>
  - Listen to a trial session here: <http://smilingmind.com.au/session/the-bubble-journey/>
2. Yoga for children in South Side Glasgow for age groups 3-5, 5-8, 8-12, and teens: <http://www.littlegreene yoga.com/>
3. Visualisation Meditation script for kids and how to lead it, tone of voice etc: [http://www.buddhanet.net/pdf\\_file/med-guided2.pdf](http://www.buddhanet.net/pdf_file/med-guided2.pdf)
4. This is a nice free guided meditation script for stress relief: [http://shambalakids.com/index.php?option=com\\_content&view=article&id=203:free-guided-meditation&catid=29:helping-kids&Itemid=518&lang=us](http://shambalakids.com/index.php?option=com_content&view=article&id=203:free-guided-meditation&catid=29:helping-kids&Itemid=518&lang=us)
5. Guided relaxation: <http://www.innerhealthstudio.com/relaxation-for-children.html>
6. Some breathing techniques: <http://www.cosmickids.co.uk/five-fun-breathing-practices-for-kids/>