

RELAXATION/BREATHING/MINDFULNESS/SELF-REGULATION

Please be advised that you do not have to pay for a training certificate. By thoroughly completing the Wright County [study sheet](#), you will receive credit for your learning.

Resource with Link	Source	Description
Balloon, Time Out, Moons and Stars, Cosmic Counting, Rainbow Waterfall	<i>Peace Out Guided Relaxation for Kids</i> <i>Cosmic Kids Yoga</i>	Peace Out is a series of guided relaxations and visualizations for kids.
Be Kind to Yourself	<i>GoNoodle Flow Channel</i>	Video - Sometimes it's easier to be kind to others than it is to be kind to yourself. Learn how to give yourself some loving kindness with this exercise.
Belly Breathe with Elmo	<i>Sesame Street with Colbie Caillat</i>	Video - Feeling like a monster? Colbie Caillat and Common recommend a calming breath.
Big Life Journal	<i>Same Name</i>	Free and paid resources to help kids develop a growth resilient mindset so they can face life's challenges with confidence.
Bring It Down	<i>GoNoodle Flow Channel</i>	Video - This exercise teaches how to gain control of your stressful energy when it becomes too hard to handle.
Calm	<i>Same Name</i>	Website or App for your phone
Complex Trauma, Self-Regulation and Mindfulness-Based Practices	<i>Jane Gilgun & Tina Barr</i> <i>School of Social Worker, University of MN</i>	Infographic
Guided Meditation for Children	<i>Annaka Harris</i> <i>Recommended by the University of Minnesota</i>	Audio – Resources for mindfulness activities
Have Compassion	<i>GoNoodle Flow Channel</i>	Video - It's super easy to be nice to the people you like, but it can be difficult to be nice to people who bother or annoy you. Practice tolerance and compassion for others with this positive, calming video.
Kids Listen	<i>Same Name</i>	Podcast
Kids Yoga Stories	<i>Giselle Shardlow</i>	Learn, Be Active and Have Fun
Manage Frustration	<i>GoNoodle Flow Channel</i>	Video - Life comes with a lot of challenges, which can lead to frustration. Learn how to calm down and manage that frustration with this calming video.
Managing Meltdowns – A Cool Down Chart for Kids	<i>Iowa Foster & Adoptive Parents Association (IFAPA)</i>	Infographic
Melting	<i>GoNoodle Flow Channel</i>	Video - Practice melting away that icky frozen feeling you get when you're scared, frustrated, or angry.
Mindfulness for Foster Parents	<i>Rachel Turan</i>	Article and tips
Nine Tips for Foster and Adoptive Parents	<i>University of Minnesota Masonic Children's Hospital</i>	Self-regulation helps children maintain appropriate behavior and emotions—even in stressful situations.

Teaching their Children to Self-Regulate		
On & Off	<i>GoNoodle Flow Channel</i>	Video - This exercise will teach you to turn high, stressful energy off, so you can do what you need to do to be your best self.
Own Your Power	<i>GoNoodle Flow Channel</i>	Video - Learn how to bring power back into yourself with your breath and your body in this calming video.
Peaceful Parent Institute	<i>Same Name</i>	Articles on a variety of topics while mindfully parenting
Rainbow Breathing	<i>GoNoodle Flow Channel</i>	Video - Video - Raise your energy and face your day with this exercise.
Relieve Anxiety	<i>GoNoodle Flow Channel</i>	Video - Get rid of your belly flutters, stress, and anxiety with short in breaths and long out breaths.
Resources for Mindfulness	<i>Mindfulness for Teens Recommended by the University of Minnesota</i>	Various resources
Self-Care & Mindfulness	<i>National Alliance on Mental Illness MN (NAMI MN)</i>	Join us to talk about ways that you can practice self care and mindfulness and learn some quick tips that can have benefits for your health.
Self-Regulation	<i>The Mehrit Centre, Shanker Self-Reg</i>	Easy to understand infographics
Sitting Still Like a Frog	<i>Eline Snel Recommended by the University of Minnesota</i>	Audio - The audio exercises included with <i>Sitting Still Like a Frog</i> are based on mindfulness-training exercises for adults and developed especially for children and their parents. Learn how to be more mindful at different times of the day. Audio recordings for ages 5+
Smiling Breath, Finger Count Breathing, Belly Breathing & Yoga	<i>Kids Health Teens Health</i>	Relaxation exercises: Breathing basics
Square Breathing	<i>MyLife</i>	In this video, boost your superpowers of calm and focus by breathing as Puffer Fish keeps time.
Strengthen Your Focus	<i>GoNoodle Flow Channel</i>	Video - Learn how to bring focus to yourself with this calming exercise for the mind and body.
Tight Rope	<i>GoNoodle Flow Channel</i>	Video - Follow Maximo as you calm down with an imaginary tightrope walk.
Victorious	<i>GoNoodle Flow Channel</i>	Video - Learn to grow strength and confidence from inside yourself with this stretching exercise.
Yoga: Meditation and Breathing	<i>Kids Health Teens Health</i>	Article and instructions with links to more resources.