

YouTube Channels

For Yoga and Mindfulness

K-3

- Cosmic Kids
 - Cosmic Kids has many videos for yoga, mindfulness exercises, and breathing exercises. The yoga videos are made in the form of a story that is being retold with yoga, here are just some of the yoga stories, Frozen, Star Wars, Harry Potter, Spiderman, Trolls, and many more. Cosmic kids videos are created specifically for kids!!

4-5

- Yoga with Adriene
 - This channel has various yoga instruction videos. Her videos provide many different videos for specific areas and skill levels, such as Wake Up Yoga, Beginner Yoga, Relaxation Yoga, etc. This channel is not kid specific but was created for those of all ages wishing to try yoga.

All Ages

- Go Noodle Flow
 - Go Noodle Flow has various videos to promote relaxation and mindfulness activities, which may help a child who is experiencing worries, fear, and anxiousness. Go Noodle was designed specifically for kids!

Channels to Get Kids Moving

All Ages

- Go Noodle
 - Go Noodle has many dancing videos. Go Noodle was designed specifically for kids!

Videos to Teach Valuable Character-Building Lessons

All Ages

- Class Dojo
 - Class Dojo has various short videos broken down into multiple parts related to character lessons. Some lessons include Growth Mindset, Respect, Empathy, Optimism, Moods and Attitudes, Perseverance, and Big Challenges. Class Dojo was created for kids! *It may be helpful to type in class dojo and the specific video series you are looking for into the search bar. For example, “class dojo respect”.