

List for Adolescent Meditation/ Mindfulness/ Yoga Resources

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Prepared by Kaleigh Mancha, Yoga Haven

For NVPCA's virtual event, What Nevada Adolescents Need and How Primary Care Can Deliver

[Edutopia](#): designed for educators though very generalizable for helping professionals who work with school aged children

Article: [Why Mindfulness \(for toddlers through teenagers\)](#)

Yoga Videos (teens/ adults)

[Chair Yoga Sequence](#) (for high school- adults)

How to use props in yoga / [body positive yoga](#)

[Yoga Haven Youtube](#) (meditation & yoga sequences)

[Cosmic Kids Yoga](#) (On Youtube AND they have an app)

[Yoga with Adriene](#) (for middle school up to adults)

[Storyhive](#)

[Yoga Today for Kids](#)

[Alo Yoga for Kids](#)

Mindfulness/ Meditation (for kids)

[25 Mindfulness Activities for Kids](#)

[Cory's Stories](#)

Guided Audio Meditation (for middle school- adults)

[UCLA Meditations](#)

[Chopra Meditations](#)

[Meditation Channel](#)

Meditation/ Mental Health Apps

For Younger children

[Breathe, Think Do Sesame](#)

[DreamyKid Meditations](#)

[Stop, Breathe & Think Kids](#)

[Smiling Mind App](#)

[Emotionary](#) (great for elementary through middle school)

For middle school to adulthood

[Headspace](#)

[Mindful Powers](#)

[Smiling Mind](#)

[Three Good Things](#) (Happiness Journal)

[Insight Timer](#)

[Liberate](#) meditations narrated in multiple languages & by BIPOC individuals

Mood Specific Apps

[Woebot](#)

[Youper](#)

[Moodnotes](#)

[Calm Harm](#) (self harm reduction app)

Please feel free to reach out with any questions!

Respectfully,

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