

The CPRI Brake Shop Relaxation Tools – Options!!!

Audio Files –

- ❖ Free MP3's – Spaghetti Toes, Jelly Belly, Pleasant Park, Special Place Relaxation (<https://sites.google.com/site/minimindmasterprogram/music>)
- ❖ Free iTunes Podcasts – [Meditation & Mindfulness For Children By Children](#)
Also available to stream from:
<http://meditationandmindfulnessforchildren.blogspot.co.uk/p/podcasts.html>

CD's –

- ❖ Ready...Set...Release! (<http://www.readysetrelax.com>)
- ❖ The Still Quiet Place (<http://www.stillquietplace.com>)
- ❖ Mindfulness for Beginners (Jon Kabat-Zinn; <http://www.amazon.ca>)

Websites –

- ❖ <http://www.relaxinside.com>

YouTube –

- ❖ “[Guided Relaxation for Children & Parents – Into Space](#)” (Jim Allen)
- ❖ “[Chitra Sukhu's Guided Meditation for Children](#)” (Chitra Sukhu)
- ❖ “[TIPS – Deep Breathing Exercise](#)” (NIHClinicalCenter)
- ❖ “[Breathing Meditation – A Guided Meditation](#)” (QuietMindCafe)

Mobile Apps –

- ❖ iTunes – “[Deep Breathing](#)” (Evil Clay Studios; \$0.99)
- ❖ iTunes – “[Long Deep Breathing](#)” (Tech 2000 Inc.; \$0.99)
- ❖ iTunes – “[Buddha Balance](#)” game (Sticky Wicket; \$0.99)
- ❖ Google Play – “[Universal Breathing](#)” (Saagara; free)
- ❖ iTunes & Google Play – “[Smiling Mind](#)” (Smiling Mind; free)
- ❖ iTunes & Google Play – “[Mindshift](#)” (Creative B’stro)
- ❖ iTunes – “[Super Stretch Yoga](#)” (The Adventures of Super Stretch, LLC)



- 1) Take a Chill <http://itunes.apple.com/us/app/take-a-chill-stressed-teens/id496802813?mt=8>

This app is great for tweens and teens. It sends gentle reminders to practice mindfulness and affirmations periodically throughout the day. It provides a way to track your mindfulness practice and has small activities built directly into the app. Great introduction to mindfulness practice!



- 2) My First Yoga <http://itunes.apple.com/us/app/my-first-yoga-animal-poses/id365336362?mt=8>

I use this app almost every day during a sensory break with one of my students at school. The poses are cute, simple, and provide easy, step by step directions to follow. Do just one or all of them, it is easy to choose. I love the peacock pose. The fun animals join us every day in my office. The stretches are relaxing and provide an excellent opportunity to focus in the moment.



- 3) iZen Garden <http://itunes.apple.com/us/app/izen-garden-2-portable-zen/id347232643?mt=8>

Just like the sand trays with little rakes that allow you to calmly draw beautiful lines in the sand; this app is perfect to promote a moment of calm. Using your fingers instead of a rake, you can draw lines in the sand while listening to cheerful chimes.



- 4) Gratitude Journal <http://itunes.apple.com/app/gratitude-journal-your-positive/id299604556?mt=8>

The Institute of Heartmath (<http://www.heartmath.org/>), shares extensive research on the relationship between thinking thoughts of appreciation and feeling relaxed and at ease. What better way to practice with your child than to keep a gratitude journal. Try out this adorable app that reminds you and your child to think of 5 things you are grateful for each day.



5) Arabian Nights by Relax Kids <http://itunes.apple.com/app/arabian-nights/id500474568?ign-mpt=uo%3D5>

Just out in March by Relax Kids, this Arabian Nights app is delightful. Soothing voice, calming journeys, you can travel to exotic places in your Imagination. Topics include belly dancing, snake charmers and magic carpets, your children are sure to be engaged and practicing relaxation right along with this app. Enjoy!



6) Silent Island Relaxation Lite <http://itunes.apple.com/us/app/silent-island-relaxation-lite/id296191442?mt=8>

Listen to the peaceful sounds of a bubbling brook, rushing waves, rain, or birds. Bonuses include videos of floating ice and a slideshow of the islands. It is perfect for those much needed mini moments of relaxation. This version is free, but a full version can be purchased to forego the ads.



7) Enchanted Meditation <http://itunes.apple.com/us/app/enchanted-meditations-for/id490096965?mt=8>

This app has brief meditations for kids and also includes a tree pose activity. Christiane Kerr's voice is pleasant and soothing, easy to listen to. I especially love the jellyfish meditation. What fun to flop like a jellyfish!