

YouTube animations and activities

To access any of the below activities you can either press Ctrl and click on the # or search the hashtag on YouTube where you will find various animations/activities to support that category.

Sound Bath - [#soundbath](#) [#tibetansingingbowls](#) [#healingsounds](#)

A soothing mindful musical calming activity best enjoyed with the volume on loud and in a dark room with cushions and blankets to snuggle, chill and relax with.



Mindful Activities [#kidsmeditation](#) [#kidssleep](#) [#meditationforkids](#)

Various child friendly meditation stories to help relax the mind – particularly good for supporting a sleep routine or to calm the mind after a busy/exciting day and after moments of crisis.



What's the big idea?

Short 5 minute child friendly animations on various thoughts and feelings to aid discussion around topics that your child may have questions about.

<https://www.youtube.com/watch?v=QIVP0GYHjbo&list=PLO1ISxRuEvxOReeTuG9Is2cGvrfzNhzy0>

<https://www.bbc.co.uk/cbeebies/shows/whats-the-big-idea>

