**Breathing Exercises**

* Video: [Kids Meditation: Square Breathing](https://www.youtube.com/watch?v=YFdZXwE6fRE) (2:36)
  + Animated
  + Age level: Elementary
* Video: [Five-Finger Breathing](https://www.youtube.com/watch?v=67JDaNcX3gE) (1:32)
  + Facilitated by a pediatrician
  + Age level: All ages
* Video: [Kids Meditation: Five-Finger Breathing](https://www.youtube.com/watch?v=DSgOW879jjA) (4:10)
  + Animated
  + Age level: Elementary
* Video: [Take 5 Breathing](https://www.youtube.com/watch?v=MqariSXiSvs) (2:45)
  + Recommend viewer ends video at 1:50 if using with a student
  + Age level: MS & HS
* Video: [Kids Meditation: Counting Breaths](https://www.youtube.com/watch?v=ljQxIzUQihs) (2:30)
  + Animated
  + Age level: Elementary
* Video: [Breath Meditation for Kids](https://www.youtube.com/watch?v=CvF9AEe-ozc) (5:56)
  + Animated
  + Age level: Elementary
* Video: [Mindful Breathing Meditation](https://youtu.be/nmFUDkj1Aq0) (5 Minutes)
  + Age level: MS & HS
* Video: [Headspace-Mini Meditation: Let Go of Stress](https://youtu.be/c1Ndym-IsQg) (1:06)
  + Age level: MS & HS
* Article & Audio Tool: [A 5-Minute Mindful Breathing Practice to Restore Your Attention](https://www.mindful.org/5-minute-mindful-breathing-practice-restore-attention/) 
  + Age level: HS