

# Mindfulness exercises from Fablefy

## 21 days of Mindful Bootcamp

Explanation of what mindfulness is

<https://www.youtube.com/watch?v=HBI6XYD2huo>

Day 1: Sitting like a frog

<https://www.youtube.com/watch?v=8qYsfGIN9C0>

Day 2: Peaceful breaths

<https://www.youtube.com/watch?v=VkfWqsGim4>

Day 3: Candle breaths

<https://www.youtube.com/watch?v=HT-5eSV-TE8>

Day 4: Days of Self-Love, Compassion and Gratitude (meditation for teens, educators and parents)

<https://www.youtube.com/watch?v=IY9RWtDvdk>

Day 5: Guided tree mindfulness

<https://www.youtube.com/watch?v=7fRpZPpaTh8>

Day 6: diaphragm breathing

<https://www.youtube.com/watch?v=6bBn9ofj7C8>

Day 7: mindful of sound

<https://www.youtube.com/watch?v=JSdYMTehmHg>

Day 8: What does being kind mean?

<https://www.youtube.com/watch?v=9CBbcQhKIHw>

Day 9: Sitting still like a frog

<https://www.youtube.com/watch?v=kT-VQQc7NI>

Day 10: Learning about our emotions

<https://www.youtube.com/watch?v=4YXCiK0sxl4>

Day 11: Meeting your emotions: joy, sadness, anger and fear

<https://www.youtube.com/watch?v=Td3LfRk-M5E>

Day 12: Learning about our thoughts

<https://www.youtube.com/watch?v=ktz5s5CZnAM>

Day 13: The mind jar

<https://www.youtube.com/watch?v=-qKkFWiwIr4>

Day 14: Animal breaths (cat and dog)

<https://www.youtube.com/watch?v=OsQq2hFephc>

Day 15: 5 minute body scan meditation for families and classroom

<https://www.youtube.com/watch?v=9A0S54yAgEg>

Day 16: 5 minutes mountain meditation (mindfulness for teens and parents)

<https://www.youtube.com/watch?v=R9w7SjHaZmE>

Day 17: 2 minute mindful breathing

<https://www.youtube.com/watch?v=eBVArtgu8XU>

Day 18: 2 minute mindful relaxation

<https://www.youtube.com/watch?v=jCHuTmjVfIO>

Day 19: Balance breath for parents and classrooms

<https://www.youtube.com/watch?v=ub7JENIV7JE>

Day 20: loving kindness

<https://www.youtube.com/watch?v=EJYunCo5xog>

Day 21: Rainbow meditation

<https://www.youtube.com/watch?v=o0byV4LUKE>