

# Mindfulness exercises from Fablefy

## Mindfulness introduction

<https://www.youtube.com/watch?v=HIGo8cyA-M8>

## Sitting like a frog

2 minute

<https://www.youtube.com/watch?v=m5RkzsbaPiE>

5 minute

<https://www.youtube.com/watch?v=EOckRqbCdG0>

## Mindful Relaxation

<https://www.youtube.com/watch?v=i3OoBoY3Sek>

## One minute silent meditation to the sound of the bell

<https://www.youtube.com/watch?v=aX8MSojoTRY>