



### MOBILE APPS

Breathr	Calm.com
Insight Timer	MindShift
Smiling Mind	Headspace
Stop, Breathe, and Think	
365 Gratitude Journal	

### FREE VIDEO & AUDIO GUIDED MEDITATIONS

*Note: These are external sites not connected to ISU Extension/4-H.*

#### Youth-Specific:

- [Mindfulness for Teens](#)
- [Change to Chill Videos](#)
- [Change to Chill Activities & Tools](#)
- [Mindfulness: Youth Voices Video](#)
- [9 Ways to Manage Stress Video](#)
- [GoNoodle – Rainbow Breath Meditation](#)
- [GoNoodle – Bring it Down Flow Balloon Meditation](#)
- [GoNoodle – Melting Flow Meditation](#)
- [GoNoodle – On & Off Flow Meditation](#)
- [A Mindful Kids Practice: The Breath Ball](#)
- [10-Minute Body Scan for Kids](#)

#### Other:

- [10-Minute Forest Walk Guided Visualization](#)
- [10-Minute Ocean Guided Visualization](#)
- [Mindfulness: Celebrities, Professional Athletes & Musicians Video](#)
- [10-Minute Body Scan](#)
- [3-Minute Body Scan](#)
- [5-Minute Breathing Meditation](#)
- [3-Minute Breathing Meditation](#)
- [A Guided Walking Meditation to Connect With Your Senses](#)
- [Brene Brown Empathy Video](#)

### SOCIAL MEDIA



Mindful.org, The Mindful Teen, Calm



@TheMindfulTeen, @calm, @MindfulOnline, @MentalHealthAm, @NAMICommunicate



@Calm, @MindfulMagazine, @journey\_to\_wellness\_ @mentalhealthamerica

### IT'S OKAY TO ASK FOR HELP

**If you are feeling depressed, anxious, having thoughts of suicide, or have other mental health concerns, there is always hope!**

Be sure to tell a trusted adult who can connect you to local assistance and/or reach out to any of the following

**FREE & CONFIDENTIAL resources available:**

- **ISU Extension TEEN Line**
- 1-800-443-8336
- **National Suicide Prevention Hotline**
- 1-800-273-TALK (8255)
- **Crisis Text Line**
- Text TALK to 741741
- **The Trevor Project (LGBTQ+)**
- 1-866-488-7386
- TrevorText: Text START to 678678
- Chat available at [www.thetrevorproject.org](http://www.thetrevorproject.org)
- **RAINN – National Sexual Assault Hotline**
- 1-800-6565-HOPE (4673)
- Chat available at [www.rainn.org](http://www.rainn.org)
- **National Eating Disorders Helpline**
- 1-800-931-2237
- **NAMI Iowa (National Alliance on Mental Illness)**
- [www.namiiowa.org](http://www.namiiowa.org)
- 1-800-273-8255
- **Call 911**

## BOOKS

[Mindful Games: Sharing Mindfulness and Meditation with Children, Teens, and Families](#)

[Mindfulness Books for Kids](#)

[7 Classic Children's Books That Teach Kids Mindfulness](#)

[Growing Up Mindful: Essential Practices to Help Children, Teens, and Families Find Balance, Calm, and Resilience](#)

[The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time](#)

[Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, & Everywhere Else](#)

[Mindfulness for Teen Anger: A Workbook to Overcome Anger & Aggression Using MBSR & DRT Skills](#)

[Get Out of Your Mind and Into Your Life for Teens: A Guide to Living an Extraordinary Life](#)

[The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress](#)

[The Self-Compassion Workbook for Teens: Mindfulness & Compassion Skills to Overcome Self-Criticism & Embrace Who You Are](#)

\* When you search, you can find several books on mindfulness for adults and young adults.



## OTHER

[Mindful Kids: 50 Mindfulness Activities for Kindness, Focus and Calm Card Deck](#)

[Mindful Games Activity Cards: 55 Ways to Share Mindfulness with Kids and Teens](#)

[Mindful.org](#) (website & magazine)

[Calming Glitter Jars](#)

[25 Fun Mindfulness Activities for Children & Teens](#)

[7 Things Mindful Families Do Differently](#)

[Free Mindfulness Class for Kids](#)



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