

Coping with Mindfulness and Grounding

- Find 5 - Pick a color or category



- Spiderman Meditation



- Tune into your senses
- Notice what you can see, smell, hear, taste, and touch
- <http://kidsrelaxation.com/uncategorized/spider-man-practicing-mindfulness-and-increasing-focus/>

- Mindful breathing with a breathing buddy



- Practice gratitude!



- Mindfulness and Relaxation apps

- Headspace; Breathe Kids; Mindshift; Breathe, Think, Do with Sesame

