

Visual resources

aquarium live: <https://explore.org/livecams/aquarium-of-the-pacific/pacific-aquarium-tropical-reef-camera>

Earth: <https://www.youtube.com/embed/IM02vNMRRB0?modestbranding=1>

Space: https://www.youtube.com/watch?v=Y_plhk1FUQA

glitter: https://www.youtube.com/watch?v=OSQ-X45Fi_g

kaleidoscope: <http://colordodge.com/Kaleidoscope/>

Interactive fluid: <https://apps.amandaghassaei.com/FluidSimulation/>

Int. Cosmic color: <http://weavesilk.com/>

gryffindor

common: <https://www.youtube.com/embed/ELNbcIT5tYk?modestbranding=1&start=120>

Music & Sounds

White Noise: <https://www.youtube.com/embed/C5Gm8UvxKIU?modestbranding=1>

Fireplace: <https://www.youtube.com/watch?v=kOnIAoqQkd4>

Waterfalls: <https://www.youtube.com/watch?v=IE6RYpe9IT0>

Rain & thunder: <https://www.youtube.com/watch?v=oxz8Nym9bmc>

instrumental: <https://www.youtube.com/watch?v=CcsUYu0PVxY>

Piano: <https://www.youtube.com/watch?v=N7v2bMUN5n4>

Meditation

Mindfulness Breathing: <https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

Guided: <https://www.youtube.com/watch?v=8Xdwr4cRTVA>

Anxiety reduction: <https://www.youtube.com/watch?v=MR57rug8NsM>

Meditation anywhere: <https://www.youtube.com/watch?v=inpok4MKVLM>

powerful: https://www.youtube.com/watch?v=sJH6_ZbgeWQ

finding peace: <https://www.youtube.com/watch?v=W19PdsIW7iw>

balance: <https://www.youtube.com/watch?v=G6oLzlxHd3E>

Mindful med: <https://www.youtube.com/watch?v=ZToicYcHIOU>

Live Videos

Aquarium/zoo live feeds: <https://explore.org/livecams/aquarium-of-the-pacific/pacific-aquarium-tropical-reef-camera>

Mars NASA Rover: <https://www.youtube.com/watch?v=Eu4zD-ts7Sw>

Tropical Reef: <https://www.youtube.com/watch?v=F109TZt3nRc>

Pandas: <https://www.youtube.com/watch?v=OObOQ2GEIhA>

Puzzles/Games

Jigsaw: <https://www.jigsawexplorer.com/>

Word Search: <https://thewordsearch.com/>

Soduko: <https://sudoku.com/>
Solitaire+: <https://www.solitr.com/>

Coloring

Quick Draw doodle: <https://quickdraw.withgoogle.com/>
Coloring site: <https://www.mombooks.com/mom/online-activities>
Mandal Pages: <https://mondaymandala.com/>

Stretching & Yoga

Relax full body stretch: https://www.youtube.com/watch?v=Plfm8aU_igU
Stuff muscles & stress relief: https://www.youtube.com/watch?v=a9WC_eLmP30
Yoga: <https://www.youtube.com/playlist?list=PLZkDZKOcvYTh4dRDXQ71m7gQUmWkDmLAI>
Yoga 2: <https://www.youtube.com/user/yogawithadriene>

Apps & Resources

Calm App: <https://www.calm.com/>
Stop, breathe think app: <https://my.life/>
Sandbox color app: <https://sandbox.love/>
smiling mind app: <https://www.smilingmind.com.au/>
sleep app: <https://insighttimer.com/>
Treu pigment color app: <https://www.pixiteapps.com/pigment>
Change to chill: <https://www.changetochill.org/>