

**Breathing:**

Diaphragmatic breathing/deep belly breathing 2-minute how-to:

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

**Mindfulness:**

Quick 1-minute mindfulness how-to: <https://www.youtube.com/watch?v=Ck7zKz3b7t0>

3-minute guided exercise: <https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

5-minute guided exercise: <https://www.youtube.com/watch?v=inpok4MKVLM>

10-minute guided exercise: [https://www.youtube.com/watch?v=syx3a1\\_LeFo](https://www.youtube.com/watch?v=syx3a1_LeFo)

13-minute Loving Kindness meditation: [https://www.youtube.com/watch?v=-d\\_AA9H4z9U](https://www.youtube.com/watch?v=-d_AA9H4z9U)

20-minute guided exercise: <https://www.youtube.com/watch?v=-2zdUXve6fQ>

30-minute Body Scan: <https://www.youtube.com/watch?v=DTmGtznab4>

**Yoga:**

Core Power Yoga is currently offering free online yoga classes:

<https://www.corepoweryogaondemand.com/keep-up-your-practice>

Kid friendly yoga videos at this link: <https://preschoolinspirations.com/kid-yoga-videos/>

**Enhancing Learning & Growth:**

450 Ivy League courses you can take online right now for free:

<https://www.freecodecamp.org/news/here-are-380-ivy-league-courses-you-can-take-online-right-now-for-free-9b3ffcbd7b8c/>

**Colouring Books:**

Kid Coloring Books – free, let kids choose what they would like to colour and print:

<https://www.justcolor.net/kids/>

Adult Coloring Books - "Color our Collection" has free coloring books of museum works (and medical libraries): <https://library.nyam.org/colorourcollections/>

**Enhancing Social Connectedness:**

Use Marco Polo to send videos back and forth with loved ones who may be quarantined/you may be self-quarantining from (social distancing doesn't mean abandoning social connection!): <https://www.marcopolo.me/>