

Mindful Moments Made Easy

On the

[Delaware DOE YouTube Channel](#)



Visit the Delaware Department of Education's YouTube Channel for videotaped strategies to calm and energize the brain! A library of twelve-minute segments are available for K-12 educators, early childhood educators, families and caregivers, as well as community members. All are designed to reinforce our social and emotional learning framework and can be integrated into classroom instruction and activities for use with the whole class, individuals, or small groups. Content is differentiated to meet the developmental needs of young children from preschool through 2nd grade. There are also specific segments to address the unique needs of older children in grades 3-5. Stay tuned for content to support our tweens and teens! Let's all commit to regulating! **#BreatheMoveRest**

<https://www.youtube.com/channel/UCTJ6ZxTnL6SkxuqbUzZJ4MA/videos>