



## Deep Play for Kids Videos: Mindfulness, Movement, and Breathing Activities

The Tauck Family Foundation recently had the privilege of partnering with Missy Brown, Founder of [Deep Play for Kids](#), to develop five videos for the Bridgeport community and beyond, focusing on mindfulness, breathing and movement. In these videos, Missy shares tools that everyone - students, teachers, administrators, caregivers, clinicians, family members - can learn and put into their “toolbelt” or “backpack” to use as they move through their day. Some of the tools are used to calm or relax, and some are used to energize or wake up. All activities can be done from the comfort of your home or in the classroom and do not require any extra equipment.

The videos are broken down by grade bands: PreK- 2<sup>nd</sup> Grade, 3<sup>rd</sup>-5<sup>th</sup> Grade, 6<sup>th</sup>-8<sup>th</sup> Grade, 9<sup>th</sup>-12<sup>th</sup> Grade, and Adults. While the videos are similar in content, Missy adapts the activities and presentation for specific age groups. Each video is just over 30 minutes and can be used in a single session or easily broken down into shorter segments, allowing specific tools to be used as part of a larger lesson, during transition times, or woven throughout your day. Below are the video links as well as a content index for each video that may be helpful for those who want to easily find a certain tool or activity.

We hope you enjoy these videos in your home, your classroom, your office, or any environment where these activities may be helpful!

### Deep Play for Kids Video: PreK-2<sup>nd</sup> Grade

<https://youtu.be/2GNU1ozir30>

- Introduction and Explanation of Activities
- Centering: Letting Go Breath 2:56
- How to Pay Attention: Singing Bowl Game 4:50
- Calming Balloon Breath 9:02
- Getting out Frustration: Chopping Wood Breath 10:40
- Quieting Blooming Flower Petal Breath 12:00
- How Can Your Spine Move? 13:51
- Seated Twisting and Bending: Let’s Bake a Cake 16:54
- Wake Up Your Insides Song 19:58
- 4 Ways to Move and Shape (Mountain, Downward Dog, Tree, and Child) 21:18
- Rest 27:33

### Deep Play for Kids Video: 3<sup>rd</sup>-5<sup>th</sup> Grade

<https://youtu.be/pxqASHQSTml>

- Introduction and Explanation of Activities
- Centering: Letting Go Breath 4:01
- How to Pay Attention and Be Present: Singing Bowl Game 5:33
- Calming Balloon Breath 9:37
- Getting out Frustration: Chopping Wood Breath 11:24
- Quieting Blooming Flower Petal Breath 12:37
- How Can Your Spine Move? 16:00

- Seated Twisting and Bending: Let's Bake a Cake 17:39
- Wake Up Your Insides Song 19:40
- 4 Ways to Move and Shape (Mountain, Downward Dog, Tree, and Child) 21:34
- Rest 27:51

### **Deep Play for Kids Video: 6<sup>th</sup>-8<sup>th</sup> Grade**

<https://youtu.be/vctsQ8eaki4>

- Introduction and Explanation of Activities
- Centering: Letting Go Breath 4:37
- How to Pay Attention and Be Present: Singing Bowl Game 6:30
- Calming Balloon Breath 10:32
- Getting out Frustration: Chopping Wood Breath 12:15
- Quieting Finger Tracing Breath 14:15
- How Can Your Spine Move? 17:25
- Twisting and Bending: Let's Bake a Cake 19:47
- Wake Up Your Insides Activity 21:53
- 4 Ways to Move and Shape (Mountain, Downward Dog, Tree, and Child) 25:02
- Rest 32:31

### **Deep Play for Kids Video: 9<sup>th</sup>-12<sup>th</sup> Grade**

[https://youtu.be/Aq5\\_wVnAwfs](https://youtu.be/Aq5_wVnAwfs)

- Introduction and Explanation of Activities
- Centering: Letting Go Breath 3:26
- Practicing Paying Attention and Being Present: Singing Bowl Activity 5:18
- Peaceful Balloon Breath 8:47
- Releasing Anger and Energizing Breath 10:38
- Relaxing Finger Tracing Breath 12:37
- Personal Power Practice: Lung Tapping 14:20
- Spine Movements 14:55
- Tapping and Brushing: Wake Up Your Insides Activity 20:21
- 5 Ways to Move and Shape (Hip Openers, Mountain, Downward Dog, Tree, and Child) 23:43
- Rest 32:23

### **Deep Play for Kids Video: Adults**

[https://youtu.be/lp0\\_6KI4Vlg](https://youtu.be/lp0_6KI4Vlg)

- Introduction and Explanation of Activities
- Centering: Letting Go Breath 4:12
- Practicing Being Present: Singing Bowl Activity 6:39
- Peaceful Balloon Breath 10:39
- Releasing Breath of Joy 12:38
- Relaxing Finger Tracing Breath 14:59
- Spine Movements 17:17
- Tapping: Wake Up Your Insides 21:22
- 4 Ways to Move and Shape (Mountain, Downward Dog, Tree, and Child) 23:42
- Closing Meditation and Rest 31:03