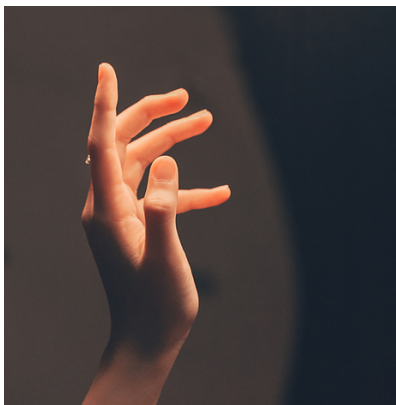




五指呼吸法

Mindfulness Mondays with Maeve - 5 Finger Breathing
Center for Families



泡泡靜心練習

Bubble Bounce! Mindfulness
for Children (Mindful Looking)
The Mindfulness Teacher



靜觀伸展法

靜觀伸展 Mindful Stretching
賽馬會「樂天心澄」
靜觀校園文化行動 JC PandA



身體掃描練習

The Body Scanner!
Mindfulness for Children
The Mindfulness Teacher



溶化身體練習

Melting Exercise - Learn To
Destress
GoNoodle | Get Moving



54321靜心方法

5-4-3-2-1 Grounding
Exercise
Self-Help Toons



課室舒壓計時器

10 Min Classroom Timer
The Mindfulness Teacher



輕鬆音樂

Relaxing music Relieves stress
Peaceful Relaxing



靜心步行練習

「不忘照顧心靈」系列 - 「坐立
不安? 不如靜心步行」練習?
330 newlife

