There are literally thousands of breathing and meditative selections on Youtube. Explore options by using Google search: Youtube music for Sleep, Study, Concertation, Stress, Healing etc.

Below are some our Youtube favorites:

**Yoga for Young Children**
https://www.youtube.com/watch?v=bvG_rEs6ENs  
https://www.youtube.com/watch?v=M0gtCtSmIXM

**Breathing for Teens**
http://achcmi.org/training/renewed/

**Calming Music**
https://www.youtube.com/watch?v=cvBNqxlXmtM
You may also play this music in the background to help bring a calming atmosphere to your home. Using an essential oil diffuser will enhance this affect.
- Note some diffused oils can harm pets such as Tea Tree.

**10 Minute Breathing Meditation**
https://www.youtube.com/watch?v=y3TrGysWETw&feature=emb_title

**The ‘Sigh Breath’**
A deceptively simple little technique which has many benefits.
https://pe2000.com/breathing/breathe_sigh/

Slow, calm, deep breathing can help us relax, manage stress, relieve anxiety and depression, get a good night’s sleep, and many other things. Breathing also helps quiet the mind in preparation for meditation.