

Mindfulness for Kids

Mindfulness can help strengthen emotional awareness, manage stress, regulate feelings, and bring a sense of calm to bodies and minds. These podcasts impart skills for dealing with big feelings, like isolation, loss, and anxiety through a variety of techniques, some directly related to Social Emotional Learning (SEL) curricula. All offer age-appropriate stories, information, and skills to help students regulate emotions and value exercise and movement.

Be Calm on Ahway Island

“Chain Reaction: A Mindful Story for Kids”

Ages PreK-6 This relaxing show written by a licensed clinical social worker and certified autism specialist, helps young kids practice emotional regulation. Each episode includes mindfulness breathing, visualization practices, and calm storytelling, and alternates between a female and male narrator. Kids will either be relaxed or asleep after listening!

Peace Out

“Humans Being Humans”

Ages 7-10 Chanel Tsang, an SEL teacher and yoga instructor hosts several seasons of calming stories on this podcast, covering nature topics such as geodes, trees, sea stars, salmon, cicadas, dinosaurs and more. This episode focuses on human beings and provides ideas for how to give your brain a break from constant streams of thoughts.

Imagine Neighborhood

“Blame it on Blurghsday”

Ages 7-10 *Imagine Neighborhood* is a new podcast hosted by Scotty Iseri based on the SEL curriculum *Second Step*. This program is designed to help children process emotions in a mindful, productive way to form stronger relationships and work together. This episode discusses how to handle surprises and unexpected events.



Podcasts can be used for any purpose a text might serve—they can tell fictional stories, share and comment on recent events, inform listeners about a topic, and persuade listeners to take an action or adopt a stance. As a result, podcasts are valuable tools for teaching students to use spoken language to communicate effectively with a variety of audiences and for different purposes.

Kidevolve Imanginarium Podcast

“Course 7.1: Joy and Energy”

Ages 7-12 *Kidevolve* is produced by a mindfulness program that uses audio storytelling and videos to bring mindfulness techniques to kids in a fun way. Episodes are called “courses” and cover topics like Joy & Energy, Pain Management, Gratitude, Anxiety Control, and more. The narration is engaging and silly with easy to access and fun imagery.

Wow in the World

“Back to School: Recess 101”

Ages 7-12 Part of being mindful involves awareness of how our bodies feel during the day. In this episode of the NPR podcast, the host talks about feeling restless. They ask kids whether they get fidgety or can’t sit still when they should be reading or focused on a math problem and talk about how recess and physical exercise can help them recharge and regroup. The podcast has talking prompts so kids and adults can continue the conversation.

Short & Curly

“Are You the Boss of Your Emotions?”

Ages 8-13 When podcast hosts Karl and Molly get into an argument, it highlights how people handle their emotions in different ways: Karl bottles up his feelings and explodes, while Molly lets it all out. To gain insight on how to make things better, Karl and Molly turn to self-help books and ask the “brain trust”—a group of kids—“What is the best way to deal with big feelings?”