Bullying Got You Down?

A regular mindfulness practice can help.

All kids deserve to grow up in safe and supportive spaces. Counter the negative effects of bullying with these curated Mind Yeti sessions.

<table>
<thead>
<tr>
<th>For children who are being bullied:</th>
<th>For children who are bullying others:</th>
<th>For families and educators:</th>
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</thead>
<tbody>
<tr>
<td>Sessions to help settle strong emotions.</td>
<td>Sessions to help them understand their emotions and build kindness and empathy.</td>
<td>Sessions that help set up positive environments at home and school.</td>
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</tbody>
</table>

**Hello, Breath**
Say hello to your body's calming super power: your breath.

**Slow Breathing**
Get to know a special breathing technique you can use to settle the Hubbub.

**Slow Breathing 2**
Discover how slow breathing can help you calm strong emotions.

**Hello, Hubbubbles**
Meet your Hubbubbles: the thoughts, feelings, and sensations that fill your mind.

**Cool the Volcano**
Practice this strategy and use it when you get angry.

**The New Kid**
Practice kindness by imagining doing something kind for someone else.

**Hello, Gratitude**
Learn to notice the good things in life and say thank you.

**Growing Kindness**
Boost your mood by taking time to appreciate nature.

**Tree in the City**
Calm your body and focus attention with this movement session.

Mind Yeti is mindfulness for kids and their adults. Our 15 forever-free sessions help kids prepare their minds for whatever's next.