**Calm Music**

**How does it help students?**

* **Improve the ability to sense more clearly what is happening in their bodies and in their surroundings**
* **Relief from stress**
* **Use a calming strategy**

**What will we need? 0**

**How do we do it? The teacher chooses calming music or a video with calming music. Students listen, either when working or when just sitting.**

**Additional Notes:**

**Here are some calming videos:**

Calm music videos for kids

<https://www.youtube.com/watch?v=WUXEeAXywCY>

<https://www.youtube.com/watch?v=qFZKK7K52uQ>

Nature video with music

<https://www.youtube.com/watch?v=lE6RYpe9IT0>

Ocean/beach videos (no music)

<https://www.youtube.com/watch?v=qREKP9oijWI>

<https://www.youtube.com/watch?v=npY31aCEH9k>

<https://www.youtube.com/watch?v=zmPzbZVUp3g>

<https://www.youtube.com/watch?v=sI9OTeTGcrw>

<https://www.youtube.com/watch?v=7Ktkgeib6l8>

Ocean video with classical music

[https://www.youtube.com/watch?v=5wuxZZGauko&src\_vid=7Ktkgeib6l8&fea](https://www.youtube.com/watch?v=5wuxZZGauko&src_vid=7Ktkgeib6l8&feature=iv&annotation_id=annotation_788976)

<https://www.youtube.com/watch?v=bdnHKdb-Oss>

Reference: **Reference: https://lemonlimeadventures.com**