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**Weblink and QR code to access all content on  
TEENS WORK IT OUT (TWIO) YOUTUBE CHANNEL**

<https://www.youtube.com/@wsuteensworkitout3459/playlists>



**Individual weblinks and QR codes below for our**

10 Mindful Breathing & Relaxation Exercises

10 Mindful Movement Chair Yoga Exercises

10 Mindful Thinking Lessons

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**Mindful Movement QR codes and web links:**

Mindful Movement #1



<https://youtu.be/ThRh2psKaRk>

Mindful Movement #2



<https://youtu.be/jEx0FshRs88>

Mindful Movement #3



<https://youtu.be/uMSjtlhNQ1M>

Mindful Movement #4



<https://youtu.be/rLg202DqxI0>

Mindful Movement #5



<https://youtu.be/FyBbHVplRxx>

Mindful Movement #6



<https://youtu.be/AfccWttPst4>

Mindful Movement #7



<https://youtu.be/tQDow3HQ-H8>

Mindful Movement #8



<https://youtu.be/-apYm0Hkmw4>

Mindful Movement #9



<https://youtu.be/mi4jKRLN1bo>

Mindful Movement #10



<https://youtu.be/7UakVUOhnbl>



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**Mindful Breathing & Relaxation QR codes and web links:**

Mindful Breathing #1



<https://youtu.be/mMuyq7ODRoc>

Mindful Relaxation #2



<https://youtu.be/AbwyyGYpmsk>

Mindful Relaxation #3



<https://youtu.be/MQmH2hq6UjE>

Mindful Relaxation #4



<https://youtu.be/5x9wIdnwx8>

Mindful Relaxation #5



[https://youtu.be/iIh\\_P314ETs](https://youtu.be/iIh_P314ETs)

Mindful Relaxation #6



<https://youtu.be/C-8fly3Zqqg>

Mindful Relaxation #7



<https://youtu.be/gB55ttBYXSc>

Mindful Relaxation #8



<https://youtu.be/JlxmaU645Ms>

Mindful Relaxation #9



<https://youtu.be/oKPOBDoYH3A>

Mindful Relaxation #10



<https://youtu.be/Rtmkohgl-Ew>



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**Mindful Thinking QR codes and web links:**

Mindful Thinking #1



<https://youtu.be/8ek9GIiCRY>

Mindful Thinking #2



[https://youtu.be/\\_KOJbuu6OPM](https://youtu.be/_KOJbuu6OPM)

Mindful Thinking #3



<https://youtu.be/gxVLYKzgEQ4>

Mindful Thinking #4



<https://youtu.be/flg5vNJujOM>

Mindful Thinking #5



<https://youtu.be/nCFOsFJyUXY>

Mindful Thinking #6



<https://youtu.be/dtqxaGszl6k>

Mindful Thinking #7



<https://youtu.be/Ga3nuIqOEM8>

Mindful Thinking #8



<https://youtu.be/bhIkQoLemdc>

Mindful Thinking #9



<https://youtu.be/A0lMwkcKA18>

Mindful Thinking #10



<https://youtu.be/5ozb-74-huY>