

Jedi Training Favorite YouTube Clips

- <https://www.youtube.com/watch?v=vzKryaN44ss> - How Mindfulness Empowers Us - Red vs. Blue Wolf
- <https://www.youtube.com/watch?v=aNCB1MZDgQA> - How the Brain Works in Mindfulness
- <https://www.youtube.com/channel/UCWYIYBdL4YUBqbH2ZAqAXAg> - JusTme Mindful Channel
- <https://www.youtube.com/user/CosmicKidsYoga> - Yoga Movement Breaks / Yoga Journeys
- https://www.youtube.com/watch?v=_mZbzDOpyIA - Elmo Belly Breathing
- <https://www.youtube.com/watch?v=SJOjpprbfeE> - A Short Story about Emotions
- <https://www.youtube.com/watch?v=CEk9KvPXKEQ&list=PLAwOTEJXH-cPd0BjshaZ6PllpAGTmo66a> - Go Noodle Empower Tools
- <https://www.youtube.com/watch?v=RVA2N6tX2cg> - Just Breathe - Introducing Calm Down Jars
- <https://www.youtube.com/watch?v=GVWRvVH5gBQ> - Release - Mindfulness for Teens
- <https://www.youtube.com/watch?v=awo8jUxlm0c> - Kids Talk About Mindfulness - Pause, Breathe, Smile
- <https://www.youtube.com/watch?v=FUJs0fXTWTE> - Explanation of Mindfulness for little kids with Calm Down Jar Explanation
- <https://www.youtube.com/watch?v=uM6zOjl1c8E> - JEDI Minds Introduction Video
- <https://www.youtube.com/watch?v=w1yxXU9SIA0> - Camp Begin - Overscheduling & the Importance of Play

Star Wars Youtube Clips for Teaching Mindfulness

- <https://www.youtube.com/watch?v=infZSKB5L9I> - Luke Training
 - Jedi Strength flow from the force
 - Anger fear aggression - easily consumed by it are we
 - Is the dark side stronger? No, but it's easier and more seductive.
 - How will I know the good side from the bad? You will know. When you are calm, at peace, passive.
 - A Jedi uses the force for knowledge and defense, never for attack.
 - Clear your mind of questions!
- <https://www.youtube.com/watch?v=XZbVLvT7qBU>
 - Do or do not, there is no try.
 - Size matters not. Look at me - judge me by my size do you?
 - Teaching about perseverance.
 - I don't believe it. That is why you fail!
- <https://www.youtube.com/watch?v=eUB6Un9TR7o> - Yoda Dies
- <https://www.youtube.com/watch?v=80sMfx7WhIs> - Best Yoga Quotes
 - 4:00 - 5:27 is great! What it takes to be a JEDI.
- <https://www.youtube.com/watch?v=FoVpSPXGCvc> - Your Focus Determines Your Reality
 - Great clip talking about the need to focus and what Midichlorians are (comparable to trees and breath of life which is required for us to live) - talks about the force.