

MANTRAS

- **Mantra OM MANI PADME HUM | MiniPadmni (Yoga Infantil)**

<https://www.youtube.com/watch?v=-1ihy3IH-Uo>



- **Mantra JAY GANESHA | MiniPadmini (Yoga Infantil)**

<https://www.youtube.com/watch?v=apwyrFI5uBs&t=2s>



- **Mantra SHIVA SHAMBÓ | MiniPadmini (Yoga Infantil)**

<https://www.youtube.com/watch?v=2-Ybpb9jiN4&t=2s>



- Sa Re Sa Sa Mantra Kids - Mantra Infantil Niños - Mantra Enfants

<https://www.youtube.com/watch?v=peLmdu6YiM4>



- Har Hare Hari Wahe Guru Mantra Kids - Mantra Infantil Niños - Mantra Infant

<https://www.youtube.com/watch?v=T8N8Cd3JER4&t=23s>



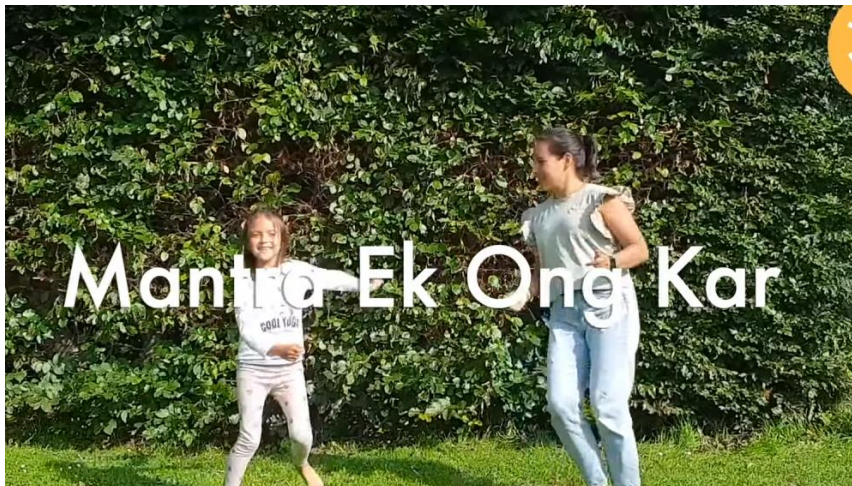
- Ong Namō Guru Dev Namō Mantra Kids - Mantra Infantil Niños - Mantra Enfants

<https://www.youtube.com/watch?v=fPoqyKLGrUA&t=19s>



- Mantra Ek Ong Kar 🎵🎶 - Mantras para la Infancia (Kids, Enfants)

<https://www.youtube.com/watch?v=biRIZ3n9cQY>



- Estoy Feliz Mantra Kids - Mantra Infantil Niños - Mantra Enfants

<https://www.youtube.com/watch?v=4b1upb4gp5Y>



EJERCICIOS DE YOGA

- **RESPIRACIÓN DE LA ABEJA**

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



- **SIENTO MI CORAZÓN**

<https://www.youtube.com/watch?v=-Vfywp1gnxM>



- **RESPIRACIÓN DEL LEÓN**



<https://www.youtube.com/watch?v=PL2RwXwGWB8>

- **EJERCICIOS DE OJOS**

<https://www.youtube.com/watch?v=4IWkPI5KEW8>



- **TRATAK, CONCENTRACIÓN MENTAL**

<https://www.youtube.com/watch?v=xqwn3cGL1EY>



- **SALUDO AL SOL**

https://www.youtube.com/watch?v=0H2ceR_rTL8



- **RELAJACIÓN LA NUBE (CANCIÓN)**

<https://www.youtube.com/watch?v=Ea6ykVh7Y7U>



- **EN LA SELVA (CANCIÓN)**

<https://www.youtube.com/watch?v=2K5PINaaU7M>



TRACING MAP

- Doodling and Tracing Activity - Mozart Rondo alla Turca - Musical Song Map
<https://www.youtube.com/watch?v=IHtlvxl0xn4>



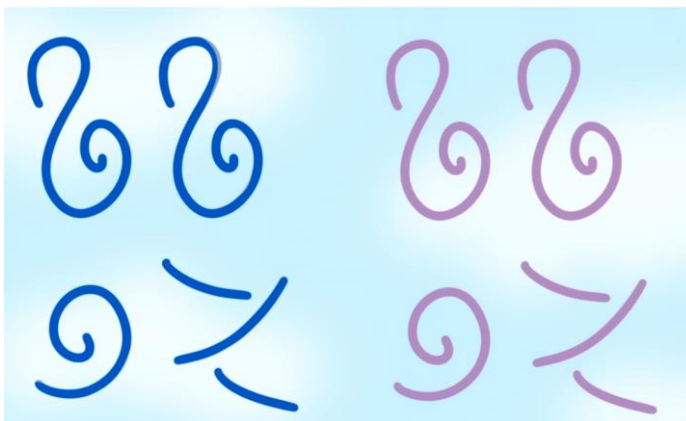
- Musical Tracing Map - Bizet March of the Toreadors Song Map

https://www.youtube.com/watch?v=k_7ldDqyzE4



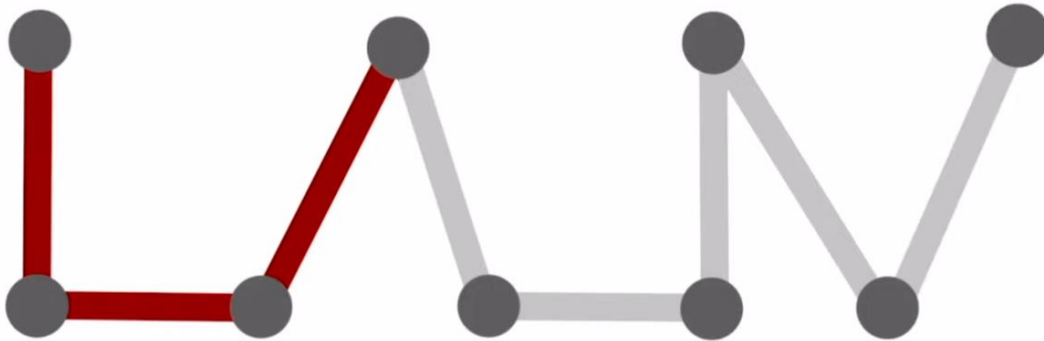
- Musical Tracing Map - Vivaldi Four Seasons - Spring - Brain Break and Calming Movement Activity

<https://www.youtube.com/watch?v=g9sAZ0pgOPU>



- **Musical Tracing Map - Brahms Hungarian Dance No. 5 - Brain Break and Movement Activity**

<https://www.youtube.com/watch?v=z1-5i877Nnw>



Peaceful Doodle and Tracing Activity - Glances by Sarah L. Mauro - Musical Song Map

<https://www.youtube.com/watch?v=h6yykCpg3pw>



CALMING MUSIC

- Calming Classical Music for Kids | The Good and the Beautiful

https://www.youtube.com/watch?v=Ex_aWeTDwNA&list=RDEx_aWeTDwNA&start_radio=1



- Música Clásica Para Mañanas Tranquilas

https://www.youtube.com/watch?v=KznAAI5-Mc&list=RDKznAAI5-Mc&start_radio=1



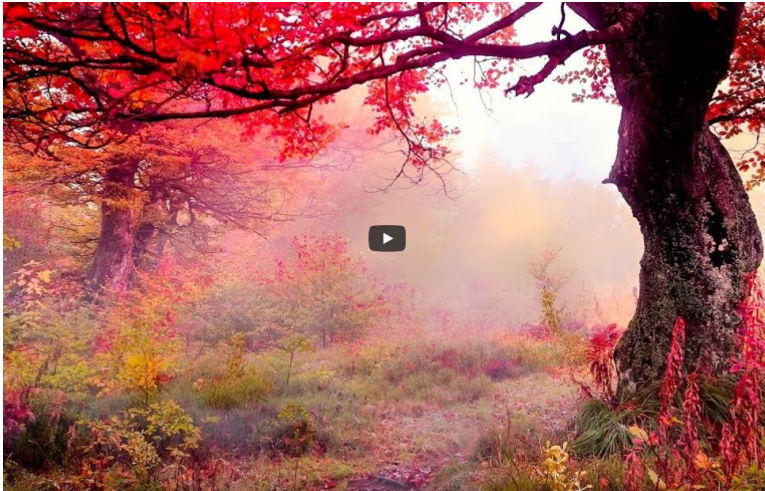
- relaxing sleep music for babies ♥ with waterfall & nature sounds - Healing sleep music

https://www.youtube.com/watch?v=nHZh2MHylx8&list=RDnHZh2MHylx8&start_radio=1



- **Música para Niños Hiperactivos ★ Música para Dormir Bebés y Relajarse Profundamente**

<https://www.youtube.com/watch?v=RKJ6hfxercw>



- **Classroom Music For Kids | Distraction-Free Instrumental Covers Playlist | 2 Hours**



https://www.youtube.com/watch?v=ZiR2L9SAyLQ&list=RDZiR2L9SAyLQ&start_radio=1

- **Disney Style Music - Magical Fairytale Lullabies & Soothing Piano**

https://www.youtube.com/watch?v=YQzctHd7rw8&list=RDYQzctHd7rw8&start_radio=1

