



Mind Yeti

SEL Calming Resource

[Mind Yeti](#) is a digital resource and app that provides meditative video/audio scripts for numerous emotional states and needs. Many of these are also available in Spanish. Each video is only 3 to 5 minutes and can be used for brain breaks, redirection, relaxation, or state changers.

In the Classroom (Grades K–8)

- Teachers can create an account and play videos/audio for the class.
- Individual students can use a Mind Yeti to help them calm down, relax, or focus their attention.

Site Features

- Mind Yeti has many free videos as well as some paid videos.
- Mind Yeti can be accessed on most devices that have internet access. The Mind Yeti app is only accessible on iOS.

Getting Started

1. Go to <https://www.mindyeti.com/v2/s/> and click on “Get Started” in the upper-right corner.
2. Create an account using an email address.
3. Browse and try out the many videos.

Helpful URLs

- <https://www.mindyeti.com/v2/s/>
- <https://www.wix.mindyeti.com/blog>