Mindset Podcasts

Dream Big <http://dreambigpodcast.com/>

This family friendly podcast inspires kids to pursue their passions in life and take action to make their dreams a reality. 20-30 minutes.

Wow in the World <https://www.npr.org/podcasts/510321/wow-in-the-world>

This podcast is a new way for families to connect, look up and discover the wonders of the world around them. The hosts Mindy and Guy guide curious kids on a journey.

Peace Out <https://bedtime.fm/peaceout>

Short stories that help children calm down and relax by guiding them through visualisations and breathing exercises.

What If World <http://www.whatifworldpodcast.com/episodes>

Each week, Mr Eric takes a ‘what if?’ question from a friend and spins it into a story just for you.

Short & Curly <https://itunes.apple.com/podcast/short-curly/id1093699006?mt=2>

A fast-paced fun-filled ethics podcast for kids that asks those curly questions.

TedTalks Kids+Family <http://podbay.fm/show/470623175>

These talks by the world’s leading thinkers and doers will inspire, intrigue and stir your imagination. A great variety of topics for kids.

Be Calm on Ahway Island <https://www.ahwayisland,com/>

Features short stories for kids to listen to free. Each relaxing story contains a guided meditation and a positive message.