



Podcasts for Kids

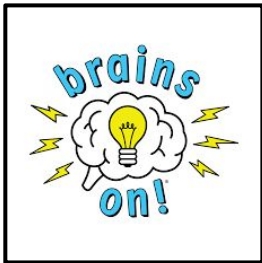


Looking for a way to engage your child without a screen? Check out these kid-friendly podcasts that the whole family will enjoy!



1. Peace Out!

This podcast encourages relaxation as well as mindfulness. Great for bedtime, but also any time of day when kids could use a calming break. Each episode features breathing exercises and/or calming visualizations.



2. Brains On!

Brains On! is a science podcast for curious kids and adults. Each week, a different kid co-host joins Molly Bloom to find answers to fascinating questions about the world. Be sure to check out the “All About Feelings” episodes!



3. Big Life Kids Podcast

Big Life Kids podcast teaches children to stay resilient, believe in themselves, and face life's challenges with confidence. In each episode, Zara and Leo travel the world to discover the living heroes that are making a difference in the world today.



4. The Imagine Neighborhood

The Imagine Neighborhood is a podcast designed to help children and their grownups grow their social-emotional skills. Social-emotional learning (SEL) is sometimes called emotional intelligence or people skills. SEL helps kids build their empathy and relationship skills and manage big emotions. Having strong social-emotional skills helps kids and their grownups communicate better, manage their conflicts, and solve problems together.



5. The Calm Kids Podcast

Do your children enjoy listening to stories while falling asleep, on a car ride, or simply whenever they get a chance? If so, this podcast is for them! From light hearted tales to relaxation techniques, your child will enjoy these short and unique stories read by two sisters.



6. Highlights Hangout

Highlights Hangout is a monthly podcast that brings Highlights Magazine to life in a whole new way. This magazine-style show hosted by Tim Kubart and Juanita Andersen offers a unique audio spin on the stories, characters, puzzles, and jokes featured in the magazine.



7. Little Stories for Tiny People

Little Stories for Tiny People is a children's podcast featuring original audio stories that will delight the tiny people in your life. Each story is lovingly written and performed with attention to the whimsical sense of humor children often possess.



8. Bedtime Explorers

Slow down and snuggle with this relaxing meditation series, specially designed to soothe kids to sleep. Join mindfulness coach Amy Taylor-Kabbaz, as she guides kids on wonderful, imaginative journeys to magical places, visiting animals with superpowers, and meeting up with some very friendly dinosaurs.

Want to learn more about podcasts?
Check out the Common Sense Media [Parents' Guide to Podcasts](#)