

Elise's Legacy Library:

An Online Mindfulness Tool for Pediatric Patients, Caregivers, and Providers

Presented by:

Claire Crawford, LMSW, APHSW-C, PhD

Marial Biard, MM, MT-BC, NMT-F









Playlists



Guided Imagery

Escape into a calming and peaceful place to ease the mind – the beach, a mountain, your favorite place or your bedroom at home



Music Assisted Relaxation

Relaxation through music and spoken instructions – featuring piano pieces and special musical arrangements



Vibroacoustics and Autogenic

Sensory stimulation to bring awareness and comfort – tones and sounds targeting your chakras, breathe, imagination and more



Movement

Guide the body to move in gentle ways to help promote grounding – increasing gratitude for the body



Progressive Muscle Relaxation

Tensing and releasing specific muscles to help the whole body relax – featuring piano and guitar accompaniment



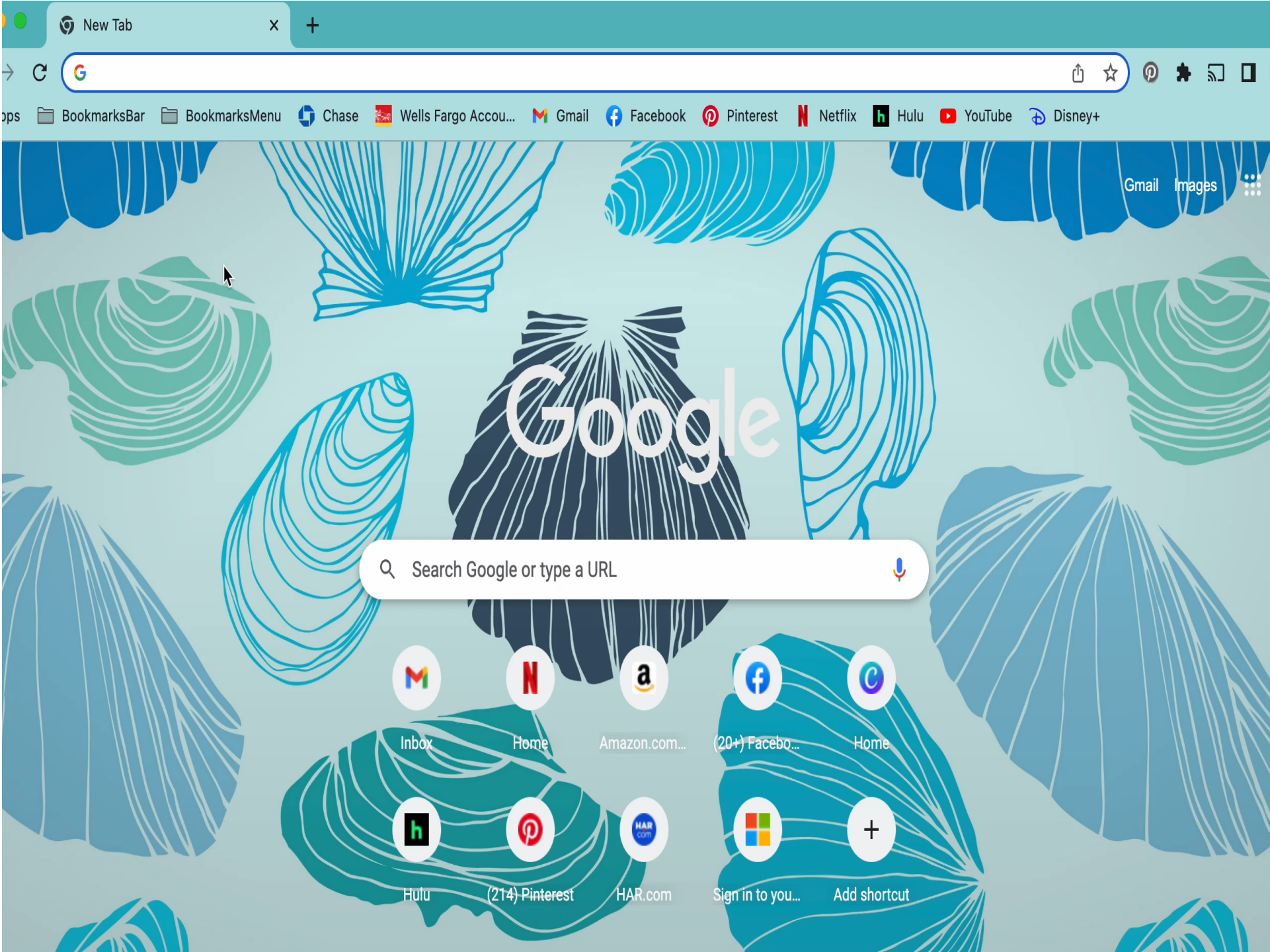
Breathing

Ground yourself and lower your heart rate with intentional breath patterns – be a stellar starfish or a gentle breeze



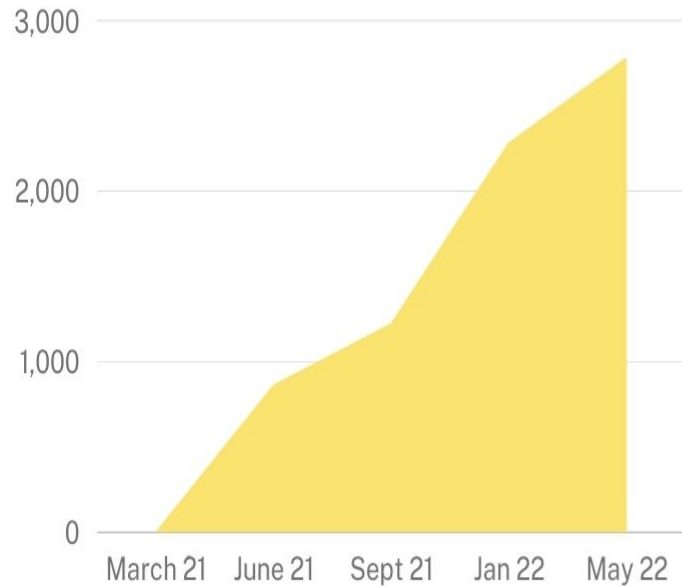
Sleep

Quiet an active mind by listening to soothing sounds – sleep-inducing meditations and lullabies



Who we've impacted

VIEWS



Since its launch, ELL has averaged 7 views a day. This does not include repeat views.



+2,770 total views



16 unique voices recorded



Currently bilingual featuring English and Spanish



Contact Us:

Would you like to contribute content, financial support, or ideas for improvement? Send us an email to collaborate:

Claire Crawford, LMSW, APHSW-C, PhD
cacrawf2@texaschildrens.org

Marial Biard, MM, MT-BC, NMT-F
mabiard@texaschildrens.org



