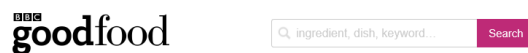
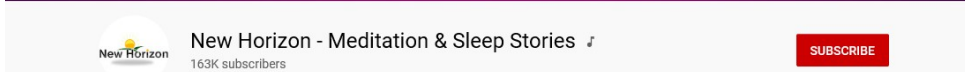
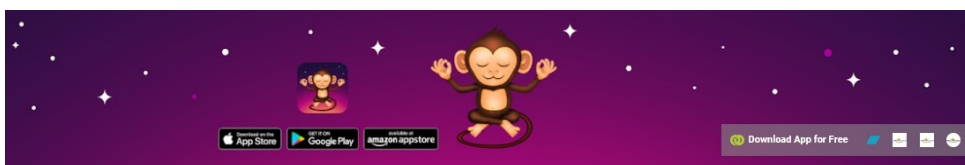
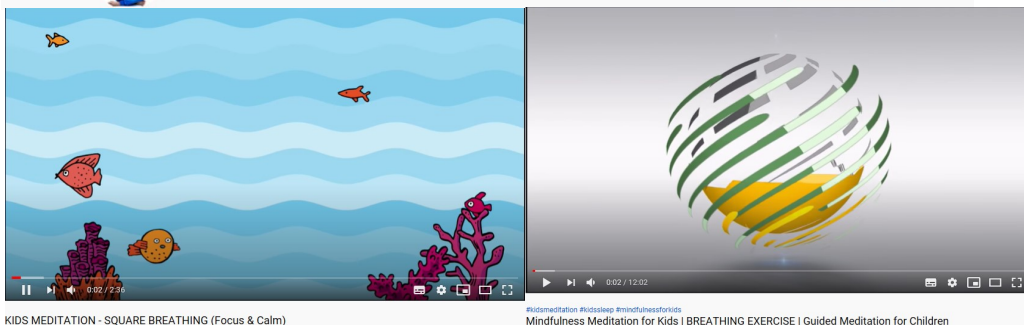
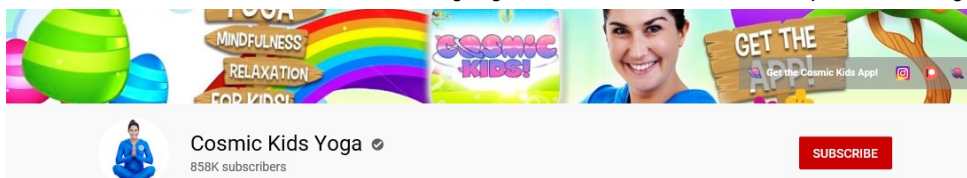


Mindfulness Meditation

Mindfulness Meditation is a really good way of getting yourself calm when the day has been a little bit too much! It's very important to look after your mind as well as your body and make sure you take a little bit of time every day to relax and be calm.

Below are some great youtube channels and websites to help you try out some meditation and mindfulness at home. Don't worry if not all of them work for you! Just trying them out will help you feel more calm and ready for the next part of your day.



10 mindfulness exercises for kids

By Suzy Reading



Try these simple mindfulness techniques with your children if they are feeling anxious at home – they will help keep your family calm and centered.

