



Helpful Websites

Website Address	Description
https://app.smilingmind.com.au	Smiling Mind - Short audio sessions to help with mindfulness
www.youtube.com/user/cosmickidsYoga	Cosmic Yoga - Yoga videos Suitable for age 4+
www.youtYouTube/user/GoNoodleGames/featured	Go Noodle - YouTube Hundreds of 'Brainercise', dancing, strength and mindfulness videos
www.mindfulnessinschools.org	Daily 'Live' practice sittings at 11am
https://www.worriots.com	The award winning Worriots app has been designed specifically for primary school age children to encourage learning, understanding and the language of emotions and feelings. A safe platform where children can engage with one of four characters to share what might them anxious, cause distress or upset them and their focus on learning. Suitable for age 4+
https://www.headspace.com/meditation/kids-	Headspace For Kids, an expansion of the popular 'Headspace' app, aims to keep children "calm and focused" through short meditation exercises.
www.sesamestreetincommunities.org/activities/breathe-think-do	Breathe, Think, Do with sesame Street - can help your child to learn coping strategies to help them stay calm. It also has a 'more tips' section help your child develop resilience by giving them tools to solve problems Suitable for age 4+
https://happyproject.in/three-good-things	3 Good Things - Here's the simple Three Good Things exercise: Every night, just before you go to bed, sit down for a while and look back at your day. Then think of 3 things that went well for you during the day. Write them down
https://apkpure.com/powerme/com.powerme.android	The Powerme app aims to teach children coping mechanisms that they can put into practise in everyday life, through a series of bitesize videos. Each day, your child can choose how they're feeling by selecting the most relevant rabbit emoji, from a range including angry, bored,

	stressed, tired, silly and weird. Powerme will then present them with a series of videos that aim to address their current state of mind.
www.childline.org.uk/toolbox/for-me/	'For Me' is the iOS app that puts Childline in your pocket. It's free, it's secure and it's designed by young people for young people. The app designed by you, for you. From advice to message boards, you can now get everything you need from Childline in an app. Suitable for Years 3-6
'Calm' app https://apps.apple.com/gb/app/calm-meditation-and-sleep/id571800810 (iOS) https://play.google.com/store/apps/details?id=com.calm.android&gl=GB (Android)	Calm is a free to download and includes a collection of meditations, sleep stories, mindfulness tools & nature scenes. Download to your phone or device.