

Mindfulness at Sprowston Junior.

Here are some resources that might help with mindfulness and wellbeing.

All of them are free, but some may have paid content.

<https://www.headspace.com/>

Headspace helps you learn to manage feelings and thoughts with the lifelong skill of everyday mindfulness, any time of the day.

<https://mindfulpowersforkids.com/>

Mindful Powers helps empower children to bring balance to their lives.

<https://www.nhs.uk/apps-library/chill-panda/>

Learn to relax, manage your worries and improve your wellbeing with Chill Panda.

<http://www.mindfulgnats.com/>

Mindful Gnats is a type of meditation that is all about being aware of the present moment.

<https://daylio.net/>

Daylio is a self-care bullet journal with goals, mood diary & happiness tracker.

<https://sleeptown.seekrtech.com/>

Sleep Town helps build healthy sleep habits.

<https://www.forestapp.cc/>

Forest helps you stay focused throughout the day.



Mindfulness

