

Mindfulness

Being mindful is about being fully aware of living in the present moment and can help calm the mind.

- Cosmic Kids Zen Den, mindfulness videos:
www.youtube.com/playlist?list=PL8snGkhBF7ngDp1oJtx5VcjwatxZn8xLK
- New Horizons, guided meditation:
www.youtube.com/watch?v=DWOHcGF1Tmc
- Smiling Mind, app for mindfulness:
www.smilingmind.com.au/smiling-mind-ap