

Children's Resources

Meditation https://www.youtube.com/watch?v=ihwcw_ofuME

Wellbeing for children <https://www.youtube.com/watch?v=dhpCdqOtuj0&t=32s>

Mindworks <https://www.mindworks-surrey.org/>

Identity and Values <https://www.youtube.com/watch?v=om3INBWfoxY>

Healthy Habits <https://www.youtube.com/watch?v=dhpCdqOtuj0&t=32s>

Resilience <https://www.youtube.com/watch?v=zeu9X88g8DE>

Mindfulness <https://www.bbcchildreninneed.co.uk/schools/primary-school/mindfulness-hub/>

Meditation for Kids

<https://www.youtube.com/playlist?list=PLml0XEPcCJzJAb4XreCMiVOHyf91BRpTZ>