






Mindfulness

Subcategory	Resource links	Image	Age rating
What is mindfulness?	https://mindfulnessinschools.org/mindfulness-in-education/what-is-it/		All
Everyday mindfulness	Everyday mindfulness - YouTube		Y7-10
Students offered mindfulness classes will be given access to this website and encouraged to practice mindfulness at home.	.b (dot)be.org		Students offered mindfulness classes
Mindfulness to try at home	.b Beditation by MiSP - YouTube		KS3 & KS4
Mindfulness to try at home	STOP for Mindfulness - YouTube		KS3 & KS4