

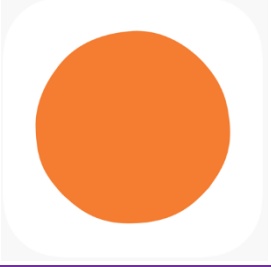



## Useful Apps and websites to support well-being

	<p>Calm – This app contains some free content and some in-app purchases. Designed for children and adults it includes meditations, sleep stories and relaxing music. The children will be used to using this in school.</p>
	<p>Chill Panda - Learn to relax, manage your worries and improve your well-being with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries. Download the app to your mobile device for free!</p>
	<p><a href="https://www.headspace.com/">https://www.headspace.com/</a> Available as an app or a webpage access a range of activities to help you stay active, be calm and sleep well.</p>
	<p><a href="https://annakaharris.com/mindfulness-for-children/">https://annakaharris.com/mindfulness-for-children/</a> Give yourself time – Meditation and mindfulness activities for the whole family.</p>