

Mindful Apps

Listed are a range of fantastic Mindful Apps that you might find of use to use at home to support Mindfulness. Keep an eye on the school newsletter each week for new apps, activities and ideas that you can try at home.



Smiling Minds

Has step by step guided session for both adults and children

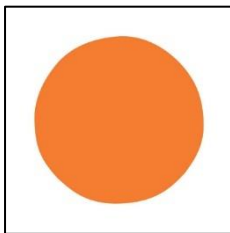
Price: Free



Relaxing melodies

Provides both meditations and melodies that allow you to create soothing sounds

Price: Free but can upgrade to pro version



Headspace

Provides daily guided meditation sessions

Price: Free



My Calm Breath

Allows you to visually monitor your breathing patters and build up your capacity to calm your breath

Price: Free



Buddhify

Focused on adults this app splits the guided meditations into sections e.g travel, trouble sleeping lunch breaks etc.

Price: \$7.99



Sesame Street Breath

Focused on younger students this allows students to watch a story and help the character solve his problems and calm his breath

Price: Free



Calm: Meditation to relax, focus and sleep better

Focused both on adults and children this app provides guided meditation, courses and meditation stories

Price: Free but can upgrade



Stop Breath & Think Kids

Allows students to complete 'missions' that assist them to become more aware of their emotions and social interactions. An adult version is also available

Price: Free