**Mindfulness**

<https://www.mindful.org/meditation/mindfulness-getting-started/>

You can download the app for free on mobile devices and take pupils through the steps.

APP- <https://itunes.apple.com/gb/app/the-mindfulness-app-meditation-for-everyone/id417071430?mt=8>

Short audio clips relating to different mindfulness scenarios.

<http://www.freemindfulness.org/download>

Helping teachers understanding how Mindfulness works.

<https://www.mind.org.uk/media/4302336/mind_making_sense_mindfulness_singles_web.pdf>