

# Meditation and Mindfulness Resources for children and young people

**DSPL** | Delivering Special Provision Locally  
*Achieving quality outcomes*

**Dacorum**

Mindfulness techniques can help to manage low level anxiety., and the resources listed below have been used successfully by children and young people in Dacorum schools. If experiencing trauma, mindfulness techniques are not appropriate.

## Free Apps for children and young people



### Stop, Breathe and Think

Available from [itunes.apple.com](https://itunes.apple.com)

Meditation and mindfulness made easy and fun for children and young people, to help them fall asleep, calm down or resolve conflicts.



### Smiling Mind

Available from [itunes.apple.com](https://itunes.apple.com)

Smiling Mind is modern meditation, a unique web and app-based programme developed by psychologists and educators to help bring balance to people's lives.

Programmes available from age 7 upwards.



### Relax melodies: Sleep sounds, white noise and fan

Select sounds and melodies that you like, combine them and adjust the volume of

each sound to create a mix. Add one of our meditations specially designed for sleep, lay back, listen, and enjoy falling asleep. Suitable for all ages.



### Breathing Bubbles

Available from [itunes.apple.com](https://itunes.apple.com)

Breathing Bubbles is an app that helps you to practice releasing worries and focusing on good feelings.

## Websites for parents



### Go Zen

Anxiety relieving programmes for children.

There is a subscription fee for parents and professionals. Programmes are made up of online animations. <https://gozen.com/>



**Positive Psychology Program** Free mindfulness resources and activities for children and teens.

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

Suggestions from Clare Winter, Mindfulness Teacher and Practitioner, Dacorum Education Support Centre.