



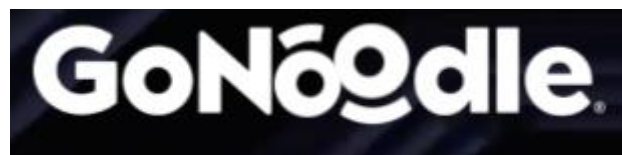
ADD-ON

Meditation at Home



Smiling Mind is an app you can download on Apple or Android devices. It offers guided meditation sessions.

<https://www.smilingmind.com.au>



Go Noodle is used in some schools. You may be familiar with 'Brain Break'. Go Noodle has lots of fun, quick workouts and meditations for you to follow along to give your brain a break.

<https://www.gonoodle.com>



Cosmic Kids offers fun dance and yoga videos for you to enjoy.

<https://www.cosmickids.com>



Headspace is a great resource if you are having a tough time. They also have great mindfulness videos for you to use at home.

<https://headspace.org.au/>

Helpful phone numbers:

We have all been dealing with many changes and life is challenging right now. It is understandable if you are feeling a little down or not like yourself. Try some meditation and mindfulness, and make sure you talk to a family member or someone else you live with if you are struggling.

If you can't talk to someone at home or if you need some extra help, there are some excellent national hotlines you can call.

- **Kids Helpline:** 1800 55 1800
- **Lifeline:** 131 114
- **Headspace:** 1800 650 890

