

# Meditation and Mindfulness Resources for children and young people

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

Dacorum

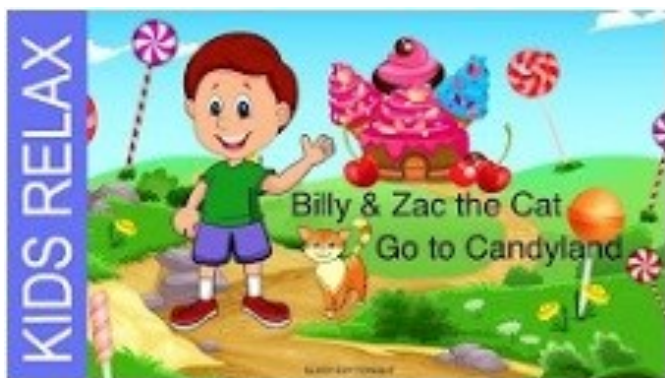
Practicing mindfulness can be inappropriate for some children and young people, particularly if they have or are experiencing trauma.



## Go Zen

Anxiety relieving programmes for children.

There is a subscription fee for parents and professionals. Programmes are made up of online animations. [www.gozen.com](http://www.gozen.com)



## YouTube Video: Jason Stephenson Kids' Meditation Stories and Relaxing Bedtime Meditations

Free online meditations. Visit [www.youtube.com](http://www.youtube.com) and search for Jason Stephenson



## Free app: Smiling Mind

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

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

Programmes available from age 7 upwards.



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

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



## Free app: Stop, Breathe and Think

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

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



## Free app: 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.



## Free app: Breathing Bubbles

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

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

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