**HELPFUL RESOURCES FOR CHILDREN AT HOME**

* There is a really nice yoga channel on You Tube for young children, primary school, called **Cosmic Kids**.  It is fun and easy to follow along to.  Cosmic Kids also have a Zen Den which teaches mindfulness...**Cosmic Kids Zen Den**.
* Mindfulness apps for children: **Smiling Mind, Headspace (for kids), Calm, Three Good Things: A Happiness Journal, Insight Timer (free)**
* At the moment, **Audible** are giving out free books and stories for children, it is a very easy app to download
* **Duolingo** is a brilliant free app that is easy and fun to learn a language.