

Home Well*-being* Resources*



Smiling Mind (Website & free app):
A mindfulness program for all ages.
Requires signing up but no fee.



Mindfully Podcast (ABC Media)
Selection of free Mindful Meditations for a variety of topics. Children and adult sessions available.



Big Life Kids Podcast:
A podcast for kids that follows a story. The podcast helps kids develop a growth mindset. You can also sign up on the website to get free printable activities for kids.



Cosmic Kids: (YouTube channel or paid app)
Fun yoga and mindfulness videos for kids. Includes stories told through yoga poses (Frozen, Cars, Star Wars etc.) and guided relaxations. A favourite in Year 1!



Kid Do. (Website) kiddo.edu.au
Free website that has activities, skills and resources to help improve fundamental movement skills.



<https://www.headspace.com/covid-19>

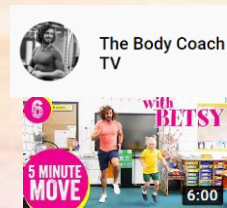
Headspace: (website & app)
A global mindfulness program that is offering free support (meditations & visualisations) during this time.



Big Life Journal:
A variety of free and paid resources on various topics; resilience, growth mindset, sibling rivalry, kindness.



Go Noodle – Kids Videos (app)
Free videos for kids with dance videos, yoga exercises, fine motor exercises, video how-tos and mindfulness activities. Designed especially for kids aged 4-10 years old. Also available through YouTube.



The Body Coach TV (YouTube Channel)
A personal trainer on YouTube that has just started daily "P.E. with Joe" videos and kids workouts to do at home. Fantastic videos to get kids moving and practising their motor skills and coordination.