

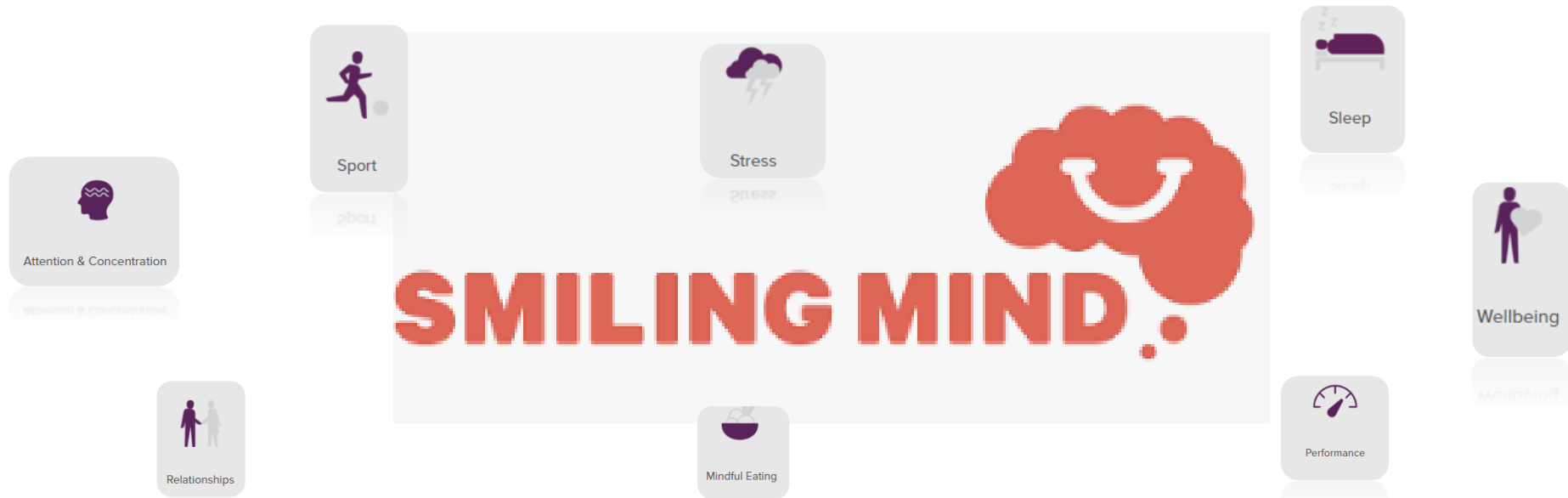
Wellness



Did you know?

Since 2012 the number of children meditating has increased more than 800%!

Smiling Mind is a non-for-profit web and *app*-based meditation program developed by psychologists and educators to help bring mindfulness into your life. Perfect for some half term chill out time, the app includes lot of exercises based around the following:



The app has programmes for everyone to enjoy, children, adults and there's even a family program too. Check it out for meditations and activities based around: mealtimes, after school, on the go, bedtime, weekends or just anytime!

**ULTIMATE
ACTIVITY CAMPS**

