“Mindfulness Made Simple” Resources

**Apps**

**Calm**

**Headspace**

**10% Happier**

**Texts**


**Websites/Blogs**

http://www.dotbe.org

Calm
https://www.calm.com/

Child Mind Institute
https://childmind.org/
Websites/Blogs (continued)

Calmer Choice
http://www.calmerchoice.org/

Getting Smart

Left Brained Budda
http://leftbrainbuddha.com/

International Coach Federation
https://coachfederation.org/blog/index.php/4764/

Mindful Practices
http://mindfulpracticesyoga.com/

Mindful.org
https://www.mindful.org/

Mindfulness for Teens
http://mindfulnessforteens.com/

Peace In Schools
https://www.peaceinschools.org/

Smiling Mind

SoundCloud.com
https://soundcloud.com/susankaisergreenland/just-like-me

The Learning by Heart: Mindfulness in the Classroom
https://heartoftheclassroom.wordpress.com/

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