

Mindfulness

Positive Psychology have collated a list of mindfulness activities for all ages to help people feel grounded and reduce anxiety during this uncertain time.

Description	Link
Positive Psychology	https://positivepsychology.com/mindfulness-for-children-kids-activities/
Action for Happiness - Bring mindfulness into your day.	https://www.actionforhappiness.org/take-action/bring-mindfulness-into-your-day