

Your Wellbeing Week challenge for today is to try some guided meditation and learn about the positive effect this has on your wellbeing.

For those of you who have access to Netflix, search for **Headspace Guide to Meditation**. Each episode in the series introduces a different technique that you can use to help you relax.

Don't worry if you don't have a Netflix account, Headspace have lots of meditations and mindfulness videos that you can access on their **YouTube** channel – it can feel a bit strange doing the exercises at first but stick with it and notice how relaxed you feel afterwards!

The mini meditations are perfect for when you need a bit of a break from home learning!



 **YouTube** www.youtube.com/headspace



For more information about Headspace and the app go to www.headspace.com

 **headspace**

