



HEAD & HEART  
*mindfulness*

## ONLINE MINDFULNESS PROGRAM

### ACCESS FOR TEACHERS AND FAMILIES

As teachers and families in your school/early childhood community, Head and Heart Mindfulness are providing you with one months access to their Online Mindfulness Program.

This resource includes 8 x 10-15 minute mindfulness sessions. It is perfect for use at home or at school. As the 8 sessions each have different activities, they can be rotated and played again and again.

In this online mindfulness program, your child/children (and you if you join in - which we recommend) will follow along with Brooke, our Head and Heart Mindfulness Educator in the sessions, and participate in a range of activities such as:

- Mindful Breathing
- Mindful Movement/Yoga stretching
- Mindful Listening
- Mindful Massage
- Gratitude
- Guided Meditation, and
- Positive Thinking

Bring calm and happiness to your child/children in just 10-15 minutes a day!

To access the Online Mindfulness Program, you must visit our online shop on our website and scroll to the very bottom of the page to the 'Online Mindfulness Program' button

<https://www.headandheartmindfulness.com.au/shop>

This resource is password protected. The password for staff and families is

**HHMOMP9573**

Please be advised that this password is not to be shared with others outside of your school. The online program can be purchased in the online shop if your family and friends are interested.

Kind regards,

*Kylie Humphreys*

Owner/Founder