

# Wootton ♥ Wellbeing!

Here are some great wellbeing apps, for both primary and secondary aged learners. And they're all free!

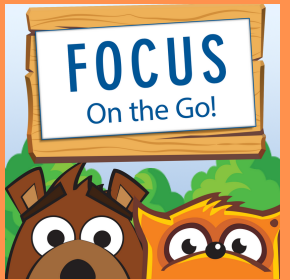
## Primary



- Ninja Focus: Mindfulness and Sleep for Kids



- Mindful Gnats: Learn simple mindfulness and relaxation skills

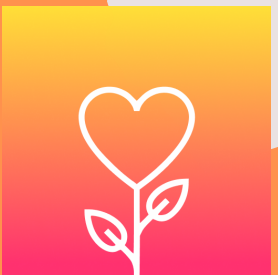


- FOCUS On the Go!: Play along with Buddy Bear and Feeling Fox as they learn to talk about feelings



- Plant Nanny: A fun way to make sure your kids stay hydrated!

## Secondary



- Gratitude: Personal Growth and Affirmations Journal



- Mindshift: Scientifically based CBT mindfulness meditation and mood tracking



- Smiling Mind: Modern Meditation



- WellMind: An NHS app designed to offer tips and tools to improve mental health and boost wellbeing

