

LINKS FOR THE 6TH CLASS SECTION OF THE WEBSITE

HEALTHY EATING

<https://vimeo.com/133987615>

BREATHING

<https://www.youtube.com/watch?v=RVA2N6tX2cg&feature=youtu.be>

MEDITATIONS

Watch and follow the hand movements in these videos

https://www.youtube.com/watch?v=jKSkAtFUjo0&list=RDBk_qU7l-fcU&index=2

https://www.youtube.com/watch?v=qtapT_dp5NQ

<https://www.youtube.com/watch?v=yhY2Tv36mXw>

https://www.youtube.com/watch?v=aX9PUQcdQ2U&list=RDBk_qU7l-fcU&index=14

These clips are for listening to and using your imagination

<https://soundcloud.com/user-547419318/being-happy-walk-tall-si-p66-ciara>

<https://soundcloud.com/user-547419318/the-sleepy-train-visualisation-for-children-guided-by-ciara>

<https://soundcloud.com/user-547419318/a-day-at-the-beach-visualisation-for-children-guided-by-gerard-1>

FEEL GOOD VIDEOS

<https://www.youtube.com/watch?v=QpNXHJGfGYo>

<https://www.youtube.com/watch?v=Ajz8UVH1oo>

<https://www.youtube.com/watch?v=hh7cRc3PMKQ>

YOGA FOR KIDS

<https://www.youtube.com/watch?v=CITc2AxYnPY>

INTERNET USE

<https://www.youtube.com/watch?v=X9Htg8V3eik>

SLEEP

<https://www.youtube.com/watch?v=aNTXpJV8aUg>

<https://www.youtube.com/watch?v=DWOHcGF1Tmc>

FEEL GOOD MOVIES

Check out 'Inside Out', 'The Good Dinosaur', 'Babe',

FEEL GOOD SONGS