

Smiling Mind



- Leaders choose today's Smiling Mind activity on the iPad
- Everyone lies down
- Follow the app guidance
- Encourage everyone to use the app at home

Aims of the Smiling Mind Activity (taken from the website):

- Reduce worries, anxiety and distress
- Enjoy more energy
- Create a sense of calm
- Learn how to relax and regulate emotions
- Enhance awareness and creativity
- Improve concentration and increase productivity
- Develop a sense of empathy and connectedness
- Enjoy better health and sleep