

Website Link	For Parents	For Students	For Teachers
<a href="https://www.actionforhappiness.org/news/covid-19-how-to-respond">https://www.actionforhappiness.org/news/covid-19-how-to-respond</a>	✓		✓
<a href="https://docs.google.com/document/d/1oUSQMmVoWwTaCMuPpl_UO-gi4bID0J2ZbKB6CZH4x5s/mobilebasics/">https://docs.google.com/document/d/1oUSQMmVoWwTaCMuPpl_UO-gi4bID0J2ZbKB6CZH4x5s/mobilebasics/</a>	✓	✓	✓
<a href="https://blog.calm.com/take-a-deep-breath">https://blog.calm.com/take-a-deep-breath</a>	✓	✓	✓
.B Mindfulness series <a href="https://www.youtube.com/watch?v=LgXZW6Xgokw">https://www.youtube.com/watch?v=LgXZW6Xgokw</a>		✓	
<a href="https://www.padraigmorain.com/">https://www.padraigmorain.com/</a>	✓	✓	✓
<a href="https://www.sanctuary.ie/">https://www.sanctuary.ie/</a>	✓	✓	✓
<a href="https://greatergood.berkeley.edu/article/item/before_you_scroll_try_this_mindful_social_media_practice">https://greatergood.berkeley.edu/article/item/before_you_scroll_try_this_mindful_social_media_practice</a>	✓	✓	✓
<a href="https://www.hse.ie/en/services/news/newsfeatures/covid19-updates/partner-resources/covid-19-translated-resources/">https://www.hse.ie/en/services/news/newsfeatures/covid19-updates/partner-resources/covid-19-translated-resources/</a>			
Translated Information COVID-19 <a href="https://www.hse.ie/en/services/news/newsfeatures/covid19-updates/partner-resources/covid-19-translated-resources/">https://www.hse.ie/en/services/news/newsfeatures/covid19-updates/partner-resources/covid-19-translated-resources/</a>	✓	✓	✓
Qi Gong:  Male instructor: Lee Holden <a href="https://youtu.be/Ac08kMK-dyl">https://youtu.be/Ac08kMK-dyl</a> 10 minutes			

<https://youtu.be/pj4qo2KL9f4> 20 minutes

Male instructor:

Jeffrey Chand

<https://youtu.be/Y88zYo0YIOo> 10 minutes

Male instructor: Jean-Philippe Wuthrich

<https://youtu.be/gqWL6FazTko> 12 minutes

(combining exercise with French)

Male instructor:

Wolfgang – Einfach besser leben

<https://youtu.be/ngZrNjPcAwQ> 10 minutes

(combining exercise with German)

<https://youtu.be/SzLGnhcJpJ4> 12 minutes

(combining exercise with German)

Female instructor:

Marisa

<https://youtu.be/R1tpHKvjewI> 15 minutes

<https://youtu.be/RHdmTqkQleo> 8

minutes

Female instructor:

Chrystel Mulan

<https://youtu.be/AoGOZ48jM0g> 10 minutes

(combining exercise with French)

**Simple to make Crafts to keep children / teens occupied.**

<https://g.co/kgs/ZhBKAc>

<https://www.youtube.com/channel/UC57XAjj04TY8gNxOWf-Sy0Q>

<https://www.youtube.com/watch?v=jmDeD3stVs8>

[Vs8](https://www.youtube.com/watch?v=jmDeD3stVs8)

<p><b>Sleep Meditation</b>  <a href="https://youtu.be/nMDHjVVj3bA">https://youtu.be/nMDHjVVj3bA</a> 38 minutes</p> <p><b>Morning Meditation</b>  <a href="https://youtu.be/wwrnKkL00IQ">https://youtu.be/wwrnKkL00IQ</a> 14 minutes</p>			
<p><a href="https://padlet.com/joanneomalley/9rram74oa9rz">https://padlet.com/joanneomalley/9rram74oa9rz</a>  Online interactive art classes with Ms. O'Malley</p>			

- Online Mindfulness via Zoom on Sanctuary.ie during Covid 19 outbreak (times on website)