

The image features a light gray background with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text 'SOME BREATHING SPACE' is centered in the middle of the image in a bold, black, sans-serif font.

SOME BREATHING SPACE

[The Value of Vulnerability](#) – Brene Brown

Vulnerability is our most accurate measurement of courage

[Fun breathing exercises](#)

Breathing has to be the handiest tool we can gift our child for their managing emotions toolkit, after all your breath goes everywhere with you

[Guided meditation for children](#)

A selection of YouTube clips that support guided meditation for children | your secret treehouse | relaxation for kids – that adults can do too!

[Meditating with a million kids around](#)

For a long time, I pictured meditation as an image of serenity—a wide open zen-like room, a vision of a person clad in a muted purple flowing robe, sitting cross-legged on a mat, eyes closed and mind relaxed. meditation, to me, conjured feelings of peacefulness, calmness, quietness, and above all else, stillness – but how do you do it with a million kids around?

[All it takes is ten mindful minutes](#)

When is the last time you did absolutely nothing for 10 whole minutes? Refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present moment. (no need for incense or sitting in uncomfortable positions.)

[An illustrated guide to BACE self-care](#)

If you're looking for ideas on how to keep physically and mentally well and fill your days with good things, we're here to keep things bace-ic for you.

[Online Mindfulness Activities](#)

Digital activities page from Michael O'Mara books. Here you'll find a host of online colouring activities, quizzes, and downloadable extras from our books.