

Happiness Workshop: Resource List

Apps & Websites

Apps are free to download and free to use online, but offer opt-in paid membership. Check with your parents before downloading!

Calm - Good for short meditations and assisting with sleep. Has "stories" section plus music for different moods.

Headspace - Offers short mindfulness exercises tailored to mood and situation. Originally developed for teens and kids.

Stop, Breathe, Think - Meditations and mindfulness activities as short as one minute, tailored to skills like taming anxiety and sleeping well.

Aura - Three-minute meditations and soothing music. Wide range of "channels" for different mindfulness and meditation exercises.

Books

Happier - Tal Ben-Shahur

The Book of Joy - His Holiness The Dalai Lama, Archbishop Desmond Tutu, and Douglas Abrams