mental strength

Sleep schedule

Learn about emotions

Focus

others

Dropdown menu options

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Be kind to yourself

All it takes is a few kind words !

All kids need is a little help & a little hope .

Keep calm & breathe.

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Name: Henry

Age: 27

Gender: Male

Address: Flat no 003 , Presitage apartments , Bangalore - 13

Email: henry123@gmail.com

Which of these describe you ?

- self
- professional
- educator
- parent
- health practitioner
- Other

What are you interested in?

guided meditation

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Welcome to Live in the moments

Happiness is seeing the smile on a childs face as they learn.

Meditation

Emotions

Creativity

Sleep

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Discover more mindfulness

This program provides an introduction to mindfulness meditation.
Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing.

- What is mindfulness? 16:59
- Why do we need mindfulness? 10:39
- Why sleeping early is good for you? 10:59
- How to recognize and deal with anxiety? 12:23
- Expressing your feelings 20:29
- Love yourself! 18:22

What is mindfulness ?

1 x

0:06 — 16:59

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One of the ways you can understand your child is by observing them as they sleep, eat, or play. Look for the consistent traits. Which activities do they like best? Is adjusting to changes easy for them or do they need time to become familiar with these things? These things are the normal characteristics of a child and your child may not be an exception.

We are a non profit organization who wants to concentrate on helping kids take control of their mental health from a very young age.

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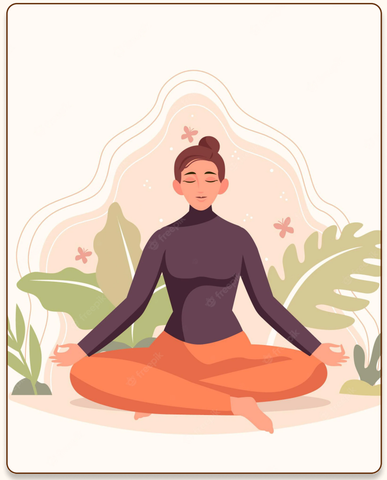
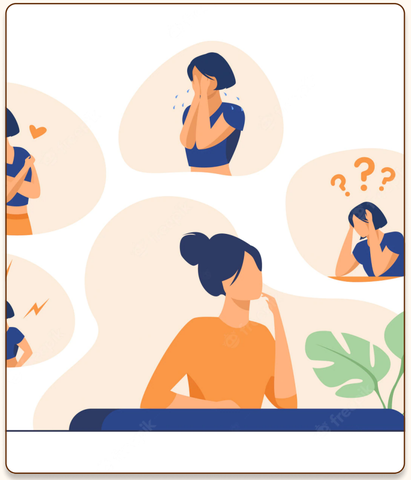


Meditation



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0.06 — 16:59

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