

EDUCATOR RESOURCES



VIRTUAL PEACEFUL PLACE

Resources such as calming music, visual relaxation, and much more for mindfulness.

UCPS Peaceful Place



WELL BEING TOOLS

Combination of podcast-style lessons and meditations, you'll learn what the science says about the brain while tapping into a healthier, happier you.

[HTTPS://HMINNOVATIONS.ORG/WELL-BEING-TOOLS](https://hminnovations.org/well-being-tools)



HEADSPACE

Headspace offers resources for focus, less stress, and happier thoughts.

HEADSPACE FOR EDUCATORS



CALM

The Calm app offers an extensive library of resources for guided meditation, music, stretching exercises, and much more.

[HTTPS://WWW.CALM.COM/B2B/UCPS/SUBSCRIBE](https://www.calm.com/b2b/ucps/subscribe)