

Learn effective techniques

Students from Greenmeadows School showcase their Pause, Breathe, Smile mindfulness programme using Te Whare Tapa Whā.

Pause, Breathe, Smile is a NZ mindfulness programme.



Video hosted on Youtube <http://youtu.be/rP5J29hru6Q>

Closed Captions

Source:

[Pause Breathe Smile](https://www.youtube.com/watch?v=rP5J29hru6Q)

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