

SCHOOLS



TRANSLATE



SEARCH



Students



Families



Staff



Community

[Home](#)[About](#)[Academics](#)[Services](#)[Programs](#)[Careers](#)

# Mindfulness

[Home](#) » [Divisions & District Directory](#) » [Division of Teaching & Learning](#) » [Student Services](#) » [Sustainable Wellness](#) » [Virtual Wellness Center](#) » Mindfulness

## Virtual Wellness Center

[Animal Cameras](#)[Apps](#)[Coloring/Creativity](#)[Guided Meditation](#)[Mindfulness](#)[Music/Podcasts](#)[Physical Activity](#)[Nutrition](#)[Yoga](#)[Literature](#)

[Self  
Care  
Tip of  
the  
Week](#)



[Happiness  
Calendar](#)



[Focus  
Attention  
Practices](#)





Bee  
Breath



Breathing  
Ball



Smell  
Flowers  
Blow  
a Candle  
Breathe  
Technique



Balloon  
Breath



Zipper  
Breath



## Contact Us

Aurora Public Schools

📍 15701 E. 1st Ave., Aurora, CO 80011

Phone: 303-344-8060

## Follow Us

@aurorak12



[Legal Disclaimer](#)

[Financial Transparency](#)

[Notice of Nondiscrimination](#)

[Student Data Privacy and Security](#)

[Website Accessibility](#)

[Site Map](#)

[Login](#)



Website by [SchoolMessenger Presence](#). © 2026 SchoolMessenger Corporation. All rights reserved.