



15 Mindfulness and Relaxation Apps for children with Anxiety

Breathe, Think, Do Sesame: Breathe, Think, Do with Sesame is intended for parents and caregivers to use with their young children (ages 2-5) to help teach skills such as problem-solving, self-control, planning, and task persistence.

<https://itunes.apple.com/us/app/breathe-think-do-with-sesame/id721853597?mt=8>

Calm: Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule. <https://www.calm.com/>

DreamyKid: The DreamyKid meditation app offers meditation, guided visualization and affirmations curated just for children & teens. It uses proven techniques that teach your kids methods to guide them towards a happier life through mindfulness.

<http://dreamykid.com/>

Headspace: Guided Meditation and Mindfulness: Meditation made simple. Guided meditations suitable for all levels from Headspace. Meditation can help improve your focus, exercise mindful awareness, relieve anxiety and reduce stress.

https://www.headspace.com/signup?utm_source=google&utm_medium=cpc&utm_campaign=821964437&utm_content=42127572397&utm_term=199115809880&headspace%20app&gclid=CK-r_8-EhtUCFWUq0wodMnkK7w

Kids Yoga Deck: Children will love to move their bodies as they flip through their very own yoga deck. With clear pictures and step-by-step instructions, these yoga poses are fun, child-friendly, and great for everybody! <https://itunes.apple.com/us/app/kids-yoga-deck/id1093577508?mt=8>

Stop, Breathe, and Think Kids: As parents, we want to raise our kids to be able to handle whatever comes their way. Whether they need to mellow out before bed, develop positive relationships or simply have a peaceful moment, Stop, Breathe & Think Kids offers children a fun and easy way to identify and process their emotions. From counting breaths to friendly wishes or frog jumps, each activity brings fun rewards to keep them engaged. <https://www.stopbreathethink.com/kids/>

Breathing Bubbles: Breathing Bubbles is an app that helps kids practice releasing worries and focusing on good feelings by allowing kids to select the emotion they are feeling and how strongly they are feeling it. Kids can choose to handle their emotion by releasing a worry or receiving a joy as Manny the Manatee walks them through deep breathing and visualization. <https://itunes.apple.com/gb/app/breathing-bubbles/id962463836?mt=8>

Smiling Mind: Smiling Mind is designed to help people pressure, stress, and challenges of daily life. This app has a fantastic section on Mindfulness in the Classroom and is suited for kids ages 7-18. <https://smilingmind.com.au/>



Positive Penguins: The four positive penguins take you on an interactive journey to help you understand that feelings arise from your thinking and if you challenge your negative thoughts successfully you may be able to see things in a more realistic and even optimistic way. <http://positivepenguins.com/>

Calm Counter: Calm Counter is a visual and audio tool to help people calm down when they are angry or anxious. The app includes a social story about anger, and audio/visual tools for calming down. <http://touchautism.com/app/calm-counter/>

Emotionary: Emotionary guides users through five primary emotions to find the right category of feeling, with all definitions pared back to the essentials and displayed so they can be easily compared. <https://itunes.apple.com/gb/app/emotionary-by-me-mu/id555381720?mt=8>

Take a Chill: This app is full of tools to help manage that stress, and bring mindful practices into a daily routine. Using quick mindful exercises and thoughtful activities begin to overcome those moments whether it's studying for a test or preventing negative thoughts and patterns. <https://www.stressedteens.com/take-a-chill/>

Chill Outz: Chill Outz® is a collection of fun animated stories teaching children proven techniques to stay mindful & relaxed anywhere, anytime. <http://www.chilloutz.com/the-app/>

Super Stretch Yoga: Super Stretch is an educational yoga tool to use and teach the fun of physical activity and breathing to children. They will use the skills of self-awareness, self-esteem and self-regulation that they learn from this app as a foundation for the rest of their lives. <https://itunes.apple.com/gb/app/super-stretch-yoga/id456113661?mt=8>

Relax Melodies Mix and listen to over 52 different relaxing sounds with background sound support — this app can be used while using other apps!
<https://itunes.apple.com/gb/app/relax-melodies-sleep-sounds-white-noise-fan/id314498713?mt=8>