

## 15 Mindfulness and Relaxation Apps for Kids

This list of 15 Apps for Kids with Anxiety has done wonders for helping us navigate the negative thinking, difficult social situations, and anxiety. We hope this can help!

### 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.

What it Costs: Free (iOS and Android)

### 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.

What it Costs: Free (iOS and Android)

### 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.

What it Costs: Free (iOS)

### 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.

What it Costs: Free (iOS and Android)

### Yoga for Kids Daily Fitness

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 every body!

What it Costs: Free (iOS)

### Cosmic Kids

Yoga/ mindfulness app for kids. Another great app to keep both the body and mind in shape!

What it Costs: Free (iOS)

### Stop, Breathe & Think Kids: Focus, Calm & Sleep

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.

What it Costs: Free (iOS)

### 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.

What it Costs: Free (iOS)

### 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.

What it Costs: Free (iOS)

### 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.

What it Costs: £0.99p (iOS)

### Calm Counter- Social Story & Anger Management Tool

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.

What it Costs: £2.99 (iOS)

### 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.

What it Costs: Free (iOS)

### 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.

What it Costs: Free (iOS)

### Relax Melodies

Mix and listen to over 52 different relaxing sounds with background sound support — this app can be used while using other apps!

What it Costs: Free (iOS)