

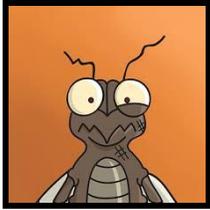
## Helpful Apps for Parents & Kids

Topics Addressed: Anxiety, Frustration, Sadness, & Productivity

<p><b>“Breathe, Think, Do with Sesame Street”</b></p> 	<p><b>Description:</b> <i>“This is a resource app for you to share with your child to help teach skills such as problem solving, self-control, planning, and task persistence.</i></p> <p><i>Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges. This bilingual (English and Spanish), research-based app helps your child learn Sesame’s “Breathe, Think, Do” strategy for problem-solving. Tap and touch to help the monster friend take deep breaths, think of plans, and try them out! Your child will enjoy silly animations and playful interactions as she is exposed to important emotional vocabulary, a calm breathing technique, personalized encouragement(s), and more!”</i> (Apple App Store, 2020)</p> <p><b>Website Link:</b> <a href="https://apps.apple.com/us/app/breathe-think-do-with-sesame/id721853597">https://apps.apple.com/us/app/breathe-think-do-with-sesame/id721853597</a></p>
<p><b>“Breathwrk”</b> <i>*Mr.C Recommended!</i></p> 	<p><b>Description:</b> <i>“Breathwrk guides you through quick and powerful breathing exercises that eliminate stress &amp; anxiety, increase energy, improve endurance, and help you fall asleep. Learn and practice a variety of science-backed breathing methods that are guided by original music, vibrations, and visuals.”</i> (Apple App Store, 2020)</p> <p><b>Website Link:</b> <a href="https://apps.apple.com/us/app/breathwrk-breathing-exercises/id1481804500">https://apps.apple.com/us/app/breathwrk-breathing-exercises/id1481804500</a></p>
<p><b>“Calm”</b></p> 	<p><b>Description:</b> <i>“Calm is the #1 app for Sleep, Meditation and Relaxation. Join the millions experiencing better sleep, lower stress, and less anxiety with our guided meditations, Sleep Stories, breathing programs, stretching exercises, and relaxing music. Calm is recommended by top psychologists, therapists, and mental health experts.</i></p> <p><i>Calm is the perfect mindfulness 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.”</i> (Apple App Store, 2020)</p> <p><b>Website Link:</b> <a href="http://www.calm.com">www.calm.com</a></p>

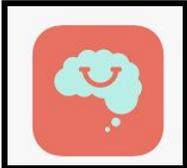
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<p><b>“Cosmic Kids”</b></p> 	<p><b>Description:</b> <i>Fun yoga adventures and Zen Den mindfulness videos for kids ages 3-9, for use at home or in schools. The Cosmic Kids Yoga and Zen Den Mindfulness website offers teacher training and yoga lesson plans for teachers to purchase as well as streaming options; videos also available on YouTube.</i> (Apple App Store, 2020)</p> <p><b>Website Link:</b>  <a href="https://cosmickids.com/">https://cosmickids.com/</a></p>
<p><b>“Headspace”</b>  <i>*Mr. C Recommended!</i></p> 	<p><b>Description:</b> <i>“Available to all subscribers, kids (and their parents) can enjoy fun, engaging activities that teach them the basics of mindfulness. They’ll practice breathing exercises, visualizations and even try some focus-based meditation. Of course, different exercises work best for different ages so we’ve customized the sessions for three age groups: 5 and under, 6-8 and 9-12.”</i> (Headspace.com, , 2020)</p> <p><b>Website Link:</b> <a href="https://www.headspace.com/meditation/kids">https://www.headspace.com/meditation/kids</a></p>
<p><b>“Mindful Gnats”</b></p> 	<p><b>Description:</b> <i>“Mindful Gnats is an app designed to teach young people simple mindfulness and relaxation skills. It can be used to help mindfulness practice when playing the Mindful Gnats desktop game (see www.peskygnats.com for details)”</i> (Apple App Store, 2020)</p> <p><b>Website Link:</b>  <a href="https://apps.apple.com/gb/app/mindful-gnats/id973919092">https://apps.apple.com/gb/app/mindful-gnats/id973919092</a></p>
<p><b>“DreamyKid Meditation”</b></p> 	<p><b>Description:</b> <i>“...DreamyKid takes the hassle out of figuring out what's right for each kid and offers a ton of diversified programs for every situation the child or teenager is going through. Whether it's for starting the day with positivity to going to sleep listening to positive affirmations, DreamyKid offers many categories and mindfulness programs to teach your kids how to regulate their own feelings and grow happy and strong. All it takes is a few minutes every day or week!”</i> (Apple App Store, 2020)</p> <p><b>Website Link:</b>  <a href="https://apps.apple.com/us/app/dreamykid-meditation-app/id1430696683">https://apps.apple.com/us/app/dreamykid-meditation-app/id1430696683</a></p>

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<p><b>“MoodGYM”</b></p> 	<p><b>Description:</b> “MoodGYM is like an interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.” (MoodGYM.com, 2020)</p> <p><b>Website Link:</b> <a href="https://moodgym.com.au/">https://moodgym.com.au/</a></p>
<p><b>“SuperBetter”</b></p> 	<p><b>Description:</b> “A game-based resilience app to achieve goals, alleviate anxiety, promote connectedness and mental flexibility using evidence-based techniques. Rated ages 4+ but suited for teens and adults.” (Medicalhomeportal.org, 2020)</p> <p><b>Website Link:</b> <a href="https://apps.apple.com/us/app/superbetter/id536634968">https://apps.apple.com/us/app/superbetter/id536634968</a></p>
<p><b>“Smiling Mind”</b></p> 	<p><b>Description:</b> Smiling Mind is an extensive Australian mental health resource focused on mindfulness. The website...offers videos and resources for home, schools, and workplaces. The apps offer mindfulness programs geared to different age groups including ages 3-6, 7-9, 10-12, 13-15, and 16-18 years and adults, and sleep meditations for ages 12 and under. (Medicalhomeportal.org, 2020)</p> <p><b>Website Link:</b> <a href="https://apps.apple.com/au/app/smiling-mind/id560442518">https://apps.apple.com/au/app/smiling-mind/id560442518</a></p>
<p><b>“Super Stretch Yoga”</b></p> 	<p><b>Description:</b> “This app uses a superhero character to guide children through yoga poses and breathing. Helpful for calming, mindfulness, and sensory integration. Rated ages 4+ and appeals to children of young developmental age” (Medicalhomeportal.org, 2020)</p> <p><b>Website Link:</b> <a href="https://apps.apple.com/us/app/super-stretch-yoga/id456113661">https://apps.apple.com/us/app/super-stretch-yoga/id456113661</a></p>