

## Mindfulness Apps for Kids



Breathe, Think, Do With 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.



Headspace

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.



Settle Your Glitter

Sometimes kids need help calming strong emotions. This app guides you through a deep breathing exercise that allows you to regain control of emotions and shift focus back to the task at hand.



Super Stretch Yoga HD

Super Stretch is a fun, interactive yoga app created for kids, used by the whole family! Move, play and breathe as Super Stretch introduces you to his friends and their yoga poses. Super Stretch is your guide who takes you on your journey.



Stop Breathe 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.



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.



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.



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.



Positive Penguins  
\$0.99

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.



Calm

Calm offers sleep stories to read to kids to help them relax and sleep better.