

# Mindfulness and relaxation apps for children, teens and adults with anxiety, sensory issues, autism and learning disabilities

## Breathing apps:

- **Breathe, Think Do with Sesame.** This app is suitable for parents and caregivers to use with their children ages 2-5 years old. This app helps to teach skills such as problem-solving, self control, planning and task persistence.

What it costs – **Free**

- **Dreamy kid** – this meditation app offers meditation, guided visualization and affirmations curated just for children and teens.

What it costs – **Free**

- **Headspace Guided mediation and mindfulness.** Meditation can help improve focus, relieve anxiety and reduce stress.

What it costs – **Free with options to pay premium**

- **Stop Breathe and Think Kids** - 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**

## Yoga, movement apps:

- **Kids yoga deck** – With clear pictures with step by step instructions and yoga poses are fun and child friendly. (Only available on ipad)

What it costs - **£1.99**

- **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.

What it Costs: **Free**

- **Super Stretch** - 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**

## Mindfulness apps

- **Headspace Guided meditation and mindfulness.** Meditation can help improve focus, relieve anxiety and reduce stress.

What it costs – **Free with options to pay premium**

- **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

- **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:** £0.99

- **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.

**What it Costs:** Free

## Emotional regulation app

- **Calm Counter Social Story** - 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

- **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

More information on supporting emotional regulation and managing emotions please contact Herts Beds OT. We have also compiled a list of helpful apps for children and adults with learning disabilities, available on the website.

[www.hertsbedsot.co.uk](http://www.hertsbedsot.co.uk)

[info@hertsbedsot.co.uk](mailto:info@hertsbedsot.co.uk)