



Apps for Children & Teens with Anxiety

You're out with your child running errands, and you can see their anxiety getting bigger and bigger. You can't delay these errands, but you're noticing they look like they're about to head into full meltdown mode. Unfortunately, you don't have their coping skills toolkit with you right now. What can you do? Maybe there's an app that can help...

Apps can help children and teens manage when they are feeling anxious. Some apps can also help children get through an anxious moment. And there are still other apps that can help by distracting them.

RELAX MELODIES

Free Version & Pro Version (\$2.99)

Take back control of your sleep with Relax Melodies, the most popular sleep app featured in People magazine, Mashable and many more. Download the app, mix sounds, add a meditation and enjoy full nights of sleep like you haven't in a long time!

Not specifically targeting for children, but can be used by people of all ages!



CALM

Free Version & Pro Version (\$14.99/mo or \$69.99/yr)

Calm is the #1 app for Sleep, Meditation and Relaxation. Sleep better, relieve stress, lower anxiety and refocus your attention. Explore an extensive library of guided meditations, Sleep Stories, breathwork, exclusive music and stretching exercises.

Get access to Calm Kids with a subscription. The free version has access to a daily series inspired by the characters of Winnie the Pooh



POSITIVE PENGUINS

(\$0.99)

Positive Penguins app is a resilience-building app for all children. The app has a simple 5-minute guided meditation for children to learn to sit, relax and let go of the thoughts as they come into their heads.

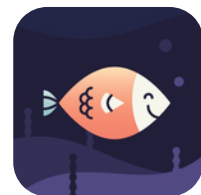
This is good for upper elementary children who are really strong readers and typers. Cool fact--this app was created by children!



MINDFUL MINUTES BY OOPS YAY

(\$1.99)

Mindful Minutes is a series of relaxing meditations designed to help kids slow down and focus on one simple activity. Help children learn to regulate their own emotions, improve concentration and get into healthy habits of taking mindful moments from an early age. This app has relaxing music and no ads.



BEDTIME MEDITATIONS FOR KIDS

(\$1.99)

This high quality meditation audio app is the inspiration of Christiane Kerr. Suitable for ages 3-9 years, these recordings are created to bring peace, joy and calm to the end of the day and will help kids of all ages off to sleep. Three deeply relaxing audio tracks each approximately 18 minutes in length: By the Sea; An Adventure in Space and Snowflake. Ideal for bedtime use to help kids sleep well.





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HEADSPACE

14-day Free Trial- Pro Version (\$17.99/mo or \$89.99/yr)

Discover guided meditations and programs that help you stress less and learn to handle new challenges with ease. Find your perfect bedtime routine with hours of relaxing music, sounds, bedtime stories, and exercises.

A popular one for adults, this also has a section just for kids. It is divided by age (under 5, elementary, and pre-teens) and covers topics like calm, focus, kindness, sleep, and wake up.



STOP, BREATHE, & THINK

Free Version & Pro Version (\$4.99)

Stop, Breathe & Think offers guided meditations with videos to help with stress, anxiety, and focus. There are over 55 meditation options and a customizable timer. The app also includes an emotion tracker for before and after meditating and integration with the Health app.

This is another app for adults but also has a family section with three guided meditations for families to use together.



TANZEN FREE

Free

Find your Zen, with the #1 top selling tangram game on the App Store! Over 50 puzzles for free! Choose a puzzle to solve, and try to fit all seven game pieces within the shaded puzzle area without overlapping. TanZen will recognize when the puzzle is finished. Pick up and play for two minutes, or two hours!



RECOLOR: COLORING BOOK FOR KIDS

Free

A colouring app that is very easy to use, just pick a picture and colour palette! Touch the colour you want and tap the area of the picture you want to colour in. A neat way to distract and calm your kiddos!



MEKORAMA

Free

Help a tiny robot stumble home through 50 puzzling mechanical dioramas. Players control the movement of a robot through paths and various obstacles to reach the end of a level by tapping or clicking the screen.



BREATH OF LIGHT: RELAXING PUZZLER

(\$1.99)

Breath of Light is a meditative and beautiful puzzle game with a hypnotic soundtrack by Winterpark. Players guide energy by moving rocks around the mystic garden, setting them in place and watching the energy settle into its new flow.





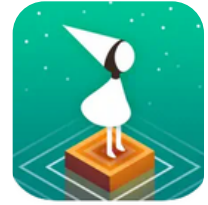
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MONUMENT VALLEY

(\$3.99)

In Monument Valley you will manipulate impossible architecture and guide a silent princess through a stunningly beautiful world. It is a surreal exploration through fantastical architecture and impossible geometry. Guide the silent princess Ida through mysterious monuments, uncovering hidden paths, unfolding optical illusions and outsmarting the enigmatic Crow People.

The music in this game is so soothing!



HIGHLIGHTS HIDDEN PICTURES

\$3.99/mo

Every Hidden Pictures scene is designed to challenge, delight and motivate puzzlers, while strengthening attention to detail, concentration and other cognitive skills in an enjoyable, relaxing way. In this interactive seek-and-find experience, you can explore themed puzzle categories, conquer daily puzzle challenges and discover multiple kinds of hidden-object challenges, including exclusive Hidden Pictures Puzzle Races.



AUDIBLE

30-day Free Trial then \$14.95/mo

Storytelling and entertainment for all genres awaits. Listening to books can be a great way to distract children and have them focus on something other than their anxiety. This app is connected to Amazon and houses millions of audiobooks. It can be used across devices so you are always in the right place for a book. Children can listen to books such as *Harry Potter*, *Magic Tree House*, *Eragon*, and *Diary of a Wimpy Kid*.



INSIGHT TIMER

Free

Guided meditations and talks led by the world's top meditation and mindfulness experts, neuroscientists, psychologists and teachers from Stanford, Harvard, the University of Oxford and more. Music tracks from world-renowned artists. Browse popular topics including: Sleep Deeply, Dealing with Anxiety and Reducing Stress, Self-love and Compassion, and Focus and Concentration.



MINDFULNESS FOR CHILDREN

Free Version & Pro Version (\$4.99)

It's long been said that meditation is a great tool to calm, soothe, and keep children focused and Mindfulness for Children offers a variety of meditations to do just that. Perfect for use in the classroom or at home, this app offers guided meditation and soothing nature sounds to calm and relax little ones when they need it most.

The free version has 5 guided meditations for children.

