



# APPS TO ASSIST WITH EMOTION REGULATION



## CALM KIDS

Provides mindfulness exercises, relaxation activities, and "Sleep Stories" for kids of all ages. It has a **7-day free trial**, after that it's \$59.99 a year.



## HEADSPACE FOR KIDS



Focuses on Calm, Focus, Kindness, Sleep, and Wake Up. Each one has a program for three age groups based on breathing exercises, visualizations, and focus-based meditation. It has a **7-day free trial**, after that it's \$12.99 monthly or \$69.99 a year.



## MINDFUL POWERS

Helps young minds learn and practice mindfulness so that they can respond more effectively to stressful situations through the power of play. Features mindful play with voice-guided mindfulness sessions and a focus time task timer. **FREE**.



## DREAMYKID

DreamyKid offers many categories and mindfulness programs to teach kids how to regulate their own feelings and grow happy and strong. Features everyday meditations, healing activities, guided journey, affirmations, sleep stories, sleep sounds, a guided breathing tool, and more. **FREE** with opportunities to upgrade to premium for \$9.99 a month or \$69.99 a year.



## DANIEL TIGER'S GRR-IFIC FEELINGS

Children can play, sing, and learn about feelings with their Daniel Tiger from PBS KIDS series, Daniel Tiger's Neighborhood. Features games, sing-along, drawing easel, and more to help kids identify and express emotions as well as calm down. \$2.99.



## MOSHI KIDS: SLEEP, RELAX, PLAY

Helps kids sleep and keeps them engaged throughout the day with healthy digital play. Features bedtime stories, educational activities, coloring games, sleep sounds, white noise, and more. **FREE** with opportunities to upgrade to premium for \$12.99 a month or \$79.99 a year.



## SUPER STRETCH YOGA

Super Stretch is a fun, interactive yoga app created for kids. Features storytelling, animation, and video examples to teach yoga poses. Provides breathing breaks and inspiring music. **FREE**.

## BREATHE+



Breathe+ Breath Timer Trainer allows daily relaxation, meditation, and breath training. Features full screen breath visualization, guided sessions, free-from sessions, breathe cycle counter, and more. **FREE** with opportunities to upgrade to premium for \$4.99 a month or \$12.99 a year.



## BREATHE, THINK, DO BY SESAME STREET



A great introduction to mindfulness for younger grade-schoolers. Kids can learn calming breathing techniques to help them cope with distressing situations. **FREE**.

## BUBBLE: BREATHING COMPANION



Breathe and relax with Bubble: Breathing Companion. Encourages relaxation, meditation, and focus. \$4.99.



## VIRTUAL HOPE BOX



Helps with coping, relaxation, distraction, and positive thinking. Allows family photos, videos and recorded messages from loved ones, inspirational quotes, music, and more. Features positive activity planning, distraction tools, interactive relaxation exercises such as guided imagery, controlled breathing and muscle relaxation. **FREE**.



## ZONES OF REGULATION



Curriculum geared towards helping kids gain skills in consciously regulating their behaviors, including the management of their emotions and level of alertness. Features calming techniques, cognitive strategies, and sensory supports, building a toolbox of methods to use to regulate. This leads to increased self-control and problem solving abilities. \$5.99.



## MIGHTIER



Game-Based Play for kids, clinically validated to support kids ages 6-14 with anxiety, ADHD, anger, ASD, outbursts, and ODD. Tested and developed at Harvard Medical School and Boston Children's Hospital. Allows children to learn emotional regulation and practice calming skills while wearing heart rate sensor and playing games. Tracks your child's progress through Mightier Parent App. Must purchase a subscription which includes app, heart sensor armband, family games card deck, Mightier parent app, Family Care Team support, and more (starting at \$28 a month.)

From the psychology team at Rady Children's Hospital