

Child and teen apps for emotional health and wellbeing - 2020



Smiling Mind: is modern meditation. The simple tool helps to put a smile on your mind, anytime, anywhere, and every day. Tailored for different age-groups 7–11, 12–15, 16–22 and adults. (FREE)



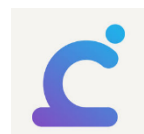
Chore Monsters: Take the tension out of chores with an easy-to-use tool for 4-12 year olds. Kids earn points by completing chores and earn rewards.

Parents manage their children's chores and the rewards they can earn. (FREE)



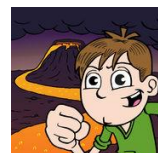
Model Me Going Places: is a great visual teaching tool for helping your child learn to navigate challenging locations in the community. Each

location contains a photo slideshow of children modelling appropriate behaviour. (FREE)



Calm Harm: provides tasks to help resist or manage the urge to self-harm. The app contains five categories to help you fight the urge to self-harm. Each

category includes a range of activities. These activities turn users' attention to healthier ways to handle distress. (FREE)



Anxiety Island: Anxiety Island is designed to help children from the ages of 4-12 to deal with anxiety, fears and phobias, using simple and manageable steps. Presented in a game format,

children battle the dragon (their anxiety) by completing daily tasks and earning stars. (\$6.50)



Screen Time Parental Control: Screen Time is a parental control app that lets you manage the time your kids spend on their tablets and smart phones. (FREE)

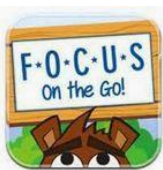


Sleep Meditations for children at bedtime: Up to 12yrs. Soft sound effects and music accompany creative stories to assist your child to relax or sleep. (FREE)



Feel Brave: The Feel Brave app has stories, poems and games for children aged 4 – 7 years that help them manage tough emotions and Feel Brave! Each character and story provides a solution to common

emotional challenges such as separation anxiety, worries and fears, bullying and change, loss and grief. (FREE)



Focus on the Go: Buddy Bear has a lot on his mind, and he needs your family's help to talk about his feelings. Play alongside Buddy to practice understanding and sharing your feelings and to collect tools for

calming down in challenging situations. (FREE)



Breath, Think, Do: 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 encouragements, and more! (FREE)



MoodPath: An interactive depression and anxiety screening program. This app tracks psychological, emotional and physical health over a two-week period in order to generate a

personalized mental health assessment that users can discuss with their physician or therapist. (FREE)



SuperBetter: Gamify healing and positive behaviours. For young and young at heart. Increasing your ability to stay resilient in the face of

challenges, overcome obstacles and achieve goals. (FREE)



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. (FREE)



Breathing Bubbles: Breathing Bubbles is a beautifully designed emotional-regulation tool that helps kids focus on releasing a worry or receiving a joy. Kids are asked to name their emotion,

determine how intense it is, and then focus on a digital bubble that contains the worry or joy. (FREE)



Daylio: Track your day by monitoring your mood and patterns. Taking only seconds to enter monitoring daily progress can create graphs and allow for daily journaling. The

daily prompts make this super convenient to use. (FREE)