

Smart Phone Applications

The videos listed are suggestions from the counseling department.

Age	Title	Website
6-12	Headspace	https://www.headspace.com/headspace-meditation-app
All	Calm	https://www.calm.com/
All	Colorfy	https://www.colorfy.net/
All	Relax Melodies	https://www.relaxmelodies.com
All	Rainy Mood	https://rainymood.com/
6-12	Personal Zen	https://apps.apple.com/us/app/personal-zen/id689013447
All	Insight Timer	https://www.insighttimer.com
K-5	Stop, Breathe & Think Kids	https://www.stopbreathethink.com/kids/
6-12	Stop, Breathe & Think	https://www.stopbreathethink.com/
All	This is Sand	https://thisissand.com/
6-12	Jour: Journal for Mindfulness	https://apps.apple.com/us/app/jour-journal-for-mindfulness/id1439590239
Adult	Happify	https://www.happify.com/
Adult	MindFi: Mindfulness Anytime	https://www.mindfi.co/
K-5	Breathe, Think, Do w/Sesame St	https://apps.apple.com/us/app/breathe-think-do-with-sesame
All	Woebot - Your Self-Care Expert	https://woebot.io/
All	iChill	https://apps.apple.com/us/app/ichill/id403527676
All	White Noise Ambiance Lite	https://apps.apple.com/us/app/white-noise-lite/id292987597
6-12	Apart of Me	https://apartofme.app/
K-5	My Good Grief Journal for Kids	http://mygoodgriefjournalforkids.com/
All	Breathe2Relax	https://apps.apple.com/us/app/breathe2relax/id425720246
6-12	Calm Harm	https://apps.apple.com/us/app/calm-harm-manages-self-harm
All	Shine	https://apps.apple.com/us/app/shine-calm-anxiety-stress
All	Moment	https://inthemoment.io/
All	Five Minute Journal	https://www.intelligentchange.com/pages/five-minute-journal-app
All	Triangle of Life	https://tfcbt.org/tf-cbt-triangle-of-life/
All	Smiling Mind	https://apps.apple.com/us/app/smiling-mind/id560442518
K-5	Mindful Powers	https://apps.apple.com/us/app/mindful-powers/id1163342397
K-5	Daniel Tiger Grr-ific Feelings	https://pbskids.org/apps/daniel-tigers-grr-ific-feelings.html
All	MindShift	https://apps.apple.com/us/app/mindshift-cbt-anxiety-canada
All	Clear Fear	https://www.clearfear.co.uk/
6-12	My3	https://my3app.org/
K-5	Family Play	https://apps.apple.com/us/app/sesame-street-family-play
6-12 & Adults	Mood Meter	https://moodmeterapp.com/