

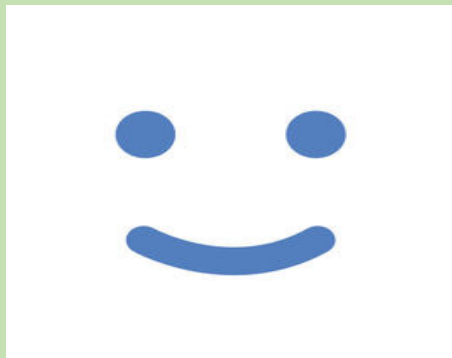
# SELF HELP APPS

All suggested Apps are free to download



**Smiling Mind** Suitable for parents and carers with children aged 5 and over. Available on Apple or Android devices.

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. An especially good choice for the younger users out there, as it was created specifically with students in mind. Smiling Mind offers programs for a variety of age groups, including 7-9, 10-12, 13-15, 16-18 and adults. The app has an easy-to-use interface for keeping track of your progress over time, both in terms of how many sessions you complete and how your emotions change.



**Three Good Things** Suitable for parents and carers with children aged 7 and over. Available on Apple devices.

Evidence suggests that if you write three good things down every day, your happiness and positivity increase. This simple little app is a great way for your child to record what they're grateful for. Each day, the app prompts them to think about what went well, with three boxes to type their comments in. They can add them all at once at the end of the day, or as they happen. They get to level up for recording their thoughts on streaks of consecutive days, and can look back at their history to remind themselves of the things they're thankful for.



**Breathe, think, do** Suitable for parents and carers with children aged 5 and under. Available on Apple or Android devices.

Breathe, Think, and Do with Sesame is a free app that helps kids learn to deal with frustrating situations using the "breathe, think, do" method. They'll learn to take long, deep belly breaths to calm down, think of a few strategies to handle the problem, and then do those things. They'll develop resilience as they overcome frustrations and challenges on their own.

Even young children aged two to five can become more aware of their own emotions. Breathe, Think, Do features your child's favourite Sesame Street characters to help teach them skills such as problem-solving, self-control, planning and perseverance.



**Mindful Gnats** Suitable for parents and carers with children aged 4 and over. Available on Apple or Android devices.

Mindful Gnats is an app designed to teach young people simple mindfulness and relaxation skills. It can be used to help mindfulness practice when playing the Mindful Gnats desktop game (see [www.peskygnats.com](http://www.peskygnats.com) for details) or as a standalone aid to mindful practice. These skills can help to reduce stress, and improve awareness of your body, mind and world. This app can be used with an adult from age 4 plus.



**Rootd** Suitable for parents and carers with children aged 4 and over. Available on Apple or Android devices.

“Rootd” means you can work on improving your panic and anxious mood. In addition to mindfulness exercises and step-by-step guides to tactics such as deep breathing, the app features an emergency contact button that makes it simple to call a loved one or hotline when you’re in distress. The Personal Stats Page is another source of encouragement, as it tracks the number of panic attacks you’ve overcome and the number of in-app lessons you’ve completed.



**Stop, Breathe & Think Kids** Suitable for parents and carers with children between 5 and 10. Available on Apple and Android devices.

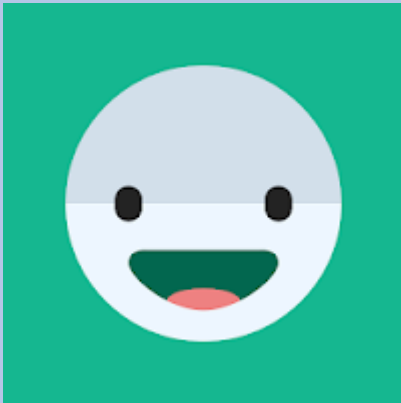
Stop, Breathe & Think Kids is a mindful games app designed specifically for kids ages 5 - 10. Kids can check into how they are feeling using fun emojis and try recommended mindful missions and meditations tuned to those emotions. Stickers reward their progress and keep the mindful activities engaging.

Meditation and mindfulness made easy and fun for kids, to help them discover and develop their superpowers of sleep, being calm, learning to breathe or to resolve conflicts.



**Chill Panda** Suitable for parents and carers with children aged 4 and over. Available on Apple or Android devices.

Chill Panda is a new type of app that allows children and adults to start to understand how their bodies respond to different feelings. To start learning about this you can use the app to take your heart rate, use a simple scale to rate your feelings, and then do some play based activities demonstrated to you by a panda avatar. It aims to enhance self-regulation of emotions by introducing ideas and skills that could help children and families understand the relationship between their feelings, body sensations and different activities.



**Daylio** Suitable for parents and carers with children aged 4 and over. Available on Apple or Android devices.

Daylio is a mood and goal tracker, with a primary focus on mood tracking. When the user opens the app up, they see five emoji. If they have customized their moods, there may be some other emoji to choose from. The user chooses the emoji that matches their current mood. The app then shows the user a screen to log their activities (such as work, a date, a party, or good food). The app also provides a variety of different graphs and calendars to help the user identify patterns that connect certain moods with certain activities. The user makes notes in their journal entries if desired. For those who want to use it, there is also the option to set goals (such as water intake or exercise). There are premium features available for purchase in-app. Younger users may need help getting the first couple of entries done, but thanks to the use of emojis, this app can be used by just about any age.

