



Mindfulness Apps



SuperStretch

This App has lots of short video clips that demonstrate different stretches. No other equipment is needed—a great way to exercise and relax.



Breathe, Think, Do Sesame

This App uses the characters from Sesame Street to allow children to build up a range of strategies. You can also access a parents section that includes many tips and strategies.



Smiling Mind

This App has got some brilliant meditation scripts to use as a family. Click on All Programs and then on Kids and Youth—here you can find age specific programmes for the children.



GoNoodle

This App is lots of fun! There are a variety of videos to keep us active and happy—great for our Mental Health!



Kids Mindfulness Meditation

You normally have to subscribe to this App but is currently free for the month of June. There are some brilliant clips to help with a variety of different situations, such as 'Ready for thinking'.



Mindful Powers

This App has an introduction video for the children; it is an interactive way to learn about mindfulness and gives strategies to help us with big emotions.

