

USE TECHNOLOGY TO BOOST MENTAL HEALTH *For Kids!*

APPS



Breathe Think Do Help a Sesame Street monster calm down and solve everyday problems in this interactive game. (Free)



Ninjabocus Meditation scripts. Yoga poses. Mindfulness activities. Sleep music. Bedtime Stories. (Offering all content free for 90 days due to closed schools)



Children's Meditations Meditations for focus, relaxation, and sleep. (6 free scripts with option for in app purchases of additional content)



Kids Listen Curated podcast app for kids only content.

YOUTUBE



Alo Yoga Channel Kids playlist. Yoga poses for kids (brave dino, puppy meditation, etc)



Cosmic Kids Channel has lots of kids yoga videos that link to popular movies or kid friendly themes. Meditation skill building.



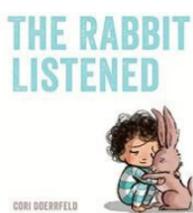
Howard Wigglebottom Channel has several gently animated videos about a bunny coping with hard emotions.



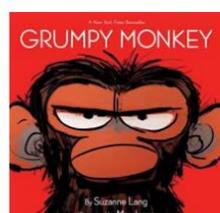
New Horizon Channel. Meditation for kids. Audio only.- several scripts to choose from.

BOOKS

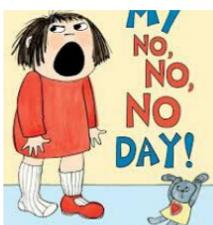
The following books are available on YouTube as read aloud videos too.



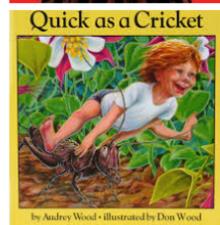
The Rabbit Listened Written by Cori Doerrfeld. Animals offer many unhelpful solutions to Taylor's problem. The rabbit listened.



Grumpy Monkey by Suzanne Lang. Monkey wakes up grumpy. "Shoulds" don't help him feel better. Companionship of a friend helps.



My NO, NO, NO Day! by Rebecca Patterson. Bella is having a hard day. She gets support and a chance for a better day tomorrow.



Quick as a Cricket by Audrey Wood. Animals represent many aspects of the same child. "Put them all together and you've got me."

PODCASTS



Calm Kids. Stories by kids, for kids to unwind and go to sleep relaxed and happy.



Be calm on Ahway Island. Soothing podcast to teach self-regulation and calm.



Smash Boom Best is a debate show for kids. Cats versus Dogs. Pizza versus Tacos. Super Speed versus Super Strength.



Stories Podcast: fairy tales, folk tales, Peter Rabbit, original fiction for kids.



Circle Round adapts carefully-selected folktales from around the world into sound- and music-rich radio plays.



Story Pirates. Stories written by kids are woven into a narrative about a musical-theater company's magical misadventures.