

List of Child Friendly Apps

Chillpanda

Suitable for age: 6-12 years (can also benefit over 12s)

Learn to relax, manage your worries and improve your wellbeing by measuring your heart rate and following tasks to suit your state of mind. It helps children and their parents and carers understand different emotions and introduces skills to help regulate these including breathing techniques and calming games.

Getting started: [Visit the Chill Panda website](#)

- [Download it from the Apple Store](#)
- [Download it from Google Play](#)



Headspace: Meditation and Sleep

Suitable for age: Any age. Children's meditations are separated into age groups 5 and under, 6 to 8, 9 to 12, 12+

Headspace is a science-backed app in mindfulness and meditation. Learn to reduce stress, build resilience and sleep more peacefully through age specific mindfulness and meditation.

Getting started: Download the app and after the free trial there is a subscription fee.

- [Download it from the Apple Store](#)
- [Download it from Google Play](#)



Smiling mind

Suitable for age: 3+

Helps with anxiety and overall mental wellbeing. Using mindfulness and meditation to help young people and their parents and carers focus on areas such as stress, relationships, sleep, and concentration.

Getting started: [Visit the Smiling Mind website](#)

- [Download it from the Apple Store](#)
- [Download it from Google Play](#)



Kids Skills

Suitable for age: 4+

Developed by Dr Ben Furman and his team this app helps children and young people overcome problems or difficulties. They focused on finding solutions and learning skills along the way.

Getting started: [Visit the Kid Skills website](#)

- [Download it from the Apple Store](#)
- [Download it from Google Play](#)



SAM App

Suitable for age: 10+ (older children and teenagers)

The SAM app has been developed by the University of the West of England in Bristol. The SAM App is a free app which can help you to understand what causes your anxiety. It helps you monitor anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection.

Getting started: [Visit the SAM App website](#)

- [Download it from the Apple Store](#)
- [Download it from Google Play](#)



Calm

Suitable for age: 10+

The basic version of this app is free. Calm has a daily 'Check-ins' feature. This allows people to record and track their mood, things they are grateful for, reflections and sleep. These are then compiled into a diary where trends can be observed. The app also has a simple breathing exercise, where the duration can be adjusted.

Getting started: [Visit the Calm website](#)

- [Download it from the Apple Store](#)
- [Download it from Google Play](#)



Go Noodle

Suitable for age: 4-10

GoNoodle encourages children to get up and get their bodies moving, making screen time active with 300+ dance videos, yoga exercises and mindfulness activities for kids.

All content is created and curated to be safe for kids with the help of choreographers and mindfulness experts

Getting started: [Visit the GoNoodle website](#)

- [Download it from the Apple Store](#)
- [Download it from Google Play](#)



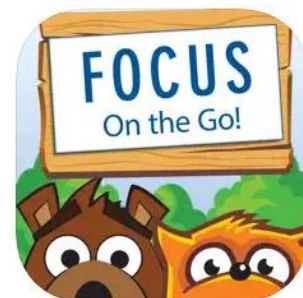
Focus on the Go

Suitable for age: 4+

A series of family-based games designed to help children practice understanding and communicating their feelings and developing skills to calm down in challenging situations. It is full of resources, tips and videos aimed at building resilience. Currently it is only available on OS devices.

Getting started:

- [Download it from the Apple Store](#)



Wysa

Suitable for age: 4+

Wysa is an emotionally intelligent chatbot that uses AI to react to the emotions you express. Unlock techniques that help you cope with challenges. You can talk through and reflect on your day, practice meditation techniques as well as pick up tips and activities to help you deal with loss, worries and conflict.

Getting started: [Visit the Wysa website](#)

- [Download it from the Apple Store](#)
- [Download it from Google Play](#)



ClearFear

Suitable for age: 4+

The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away.

Instead, face your fear with the Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.

Getting started: [Visit the ClearFear website](#)

- [Download it from the Apple Store](#)
- [Download it from Google Play](#)

