

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



New Horizon Channel. Meditation for kids. Audio only.- several