



**SUGGESTED APPS FOR CHILDREN'S  
EMOTIONS AND MENTAL HEALTH  
\*Parental Supervision Recommended\*  
(check for costs and device compatibility)**

**BREATHING**

- **Breathe2Relax:** Psycho-educational component of stress management. Beats/change tones
- **Breathe, Think, Do (with Sesame Street):** Belly breathing and relaxation skills for younger kids

**FEELING IDENTIFICATION, MODIFICATION, GOAL SETTING**

- **ACT Coach (Acceptance and Commitment Therapy):** ACT principles, behavior reminders, mindfulness
- **ReliefLink:** Suicidal ideation and safety planning/resources

**MEDITATION**

- **Smiling Mind:** Mindful meditation for young people; exercises are based on age group
- **Stop Breathe & Think:** Guided meditation exercises
- **Headspace (on-the-go):** Great explanation on rationale for mindfulness with guided exercises
- **Mindspring:** Guided meditation exercises; best for older teens and young adults

**RELAXATION/STRETCHING**

- **RelaxMelodies:** Relaxing sounds, white noise and music for sleep, meditation or yoga
- **SuperStretchYoga:** Superhero yoga/coping skills for younger kids

**Disclaimer: Consult your child's provider for specific recommendations.  
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This list was updated May 2022; occasional updates to this list will be posted to the Akron Children's Hospital website.