

CHILDREN'S MENTAL HEALTH AND WELL-BEING

Mobile phones, tablets and laptops are part of our everyday life. Did you know there are many apps that can help and support your child's mental health and well-being? Here are a few of our favourites.

Mindful Powers

Designed for 5-12 year olds, this app helps children take control of their emotions through mindful play and focus time.

Chill Panda

Learn to relax, manage your worries and improve wellbeing while measuring your heart rate.

DreamyKid

Meditations, affirmations, guided journeys and sleep stories will help your child have a restful sleep.

Breathe, Think, Do - Sesame Street

Aimed at EYFS, this app builds resilience and problem solving

<https://sesamestreetincommunities.org/activities/breathe-think-do/>

There are also lots of websites that offer wonderful advice, tips and techniques. A few of the most popular ones are listed on the next page.

Mindful Gnats

This fun gaming app teaches young people simple mindfulness and relaxations skills.

Sleepy Town

Build your own town by staying off your phone and getting a good night's sleep!

Forest

Stay focussed on the important things in life and earn a tree - turn a tree into a forest!

