



SMILING MIND-MEDITATION



RELAX MELODIES- CALMING SOUNDS



CALM HARM



COLORING BOOK FOR ME



GRATITUDE- JOURNALING

MY3



MY 3- SAFETY PLAN



CALM - MEDITATION



IBREATHE- GUIDED BREATHING



SIMPLE HABIT-MEDITATION

FREE CALMING APPS FOR IPHONE AND ANDROID!



BE SURE TO ASK YOUR PARENTS PERMISSION BEFORE
DOWNLOADING ANY APPS!

**SEVERAL HAVE IN APP PURCHASES AVAILABLE-USE THE FREE ONES!
THEY'RE JUST AS GREAT!

