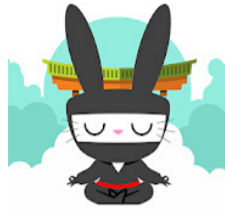


# USE TECHNOLOGY TO BOOST MENTAL HEALTH *For Kids!*

## 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.



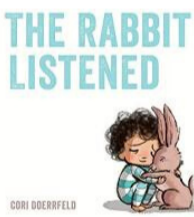
**Howard Wigglebottom** Channel has several gently animated videos about a bunny coping with hard emotions.



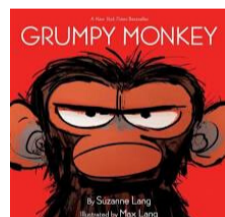
**New Horizon** Channel. Meditation for kids. Audio only.- several scripts to choose from.

## BOOKS

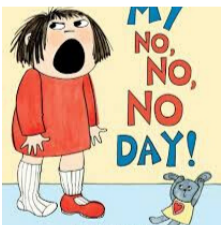
The following books are available on YouTube as read aloud videos too.



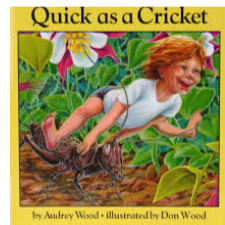
**The Rabbit Listened** Written by Cori Doerrfeld. Animals offer many unhelpful solutions to Taylor's problem. The rabbit listened.



**Grumpy Monkey** by Suzanne Lang. Monkey wakes up grumpy. "Shoulds" don't help him feel better. Companionship of a friend helps.



**My NO, NO, NO Day!** by Rebecca Patterson. Bella is having a hard day. She gets support and a chance for a better day tomorrow.



**Quick as a Cricket** by Audrey Wood. Animals represent many aspects of the same child. "Put them all together and you've got me."

## PODCASTS



**Calm Kids.** Stories by kids, for kids to unwind and go to sleep relaxed and happy.



**Be calm on Ahway Island.** Soothing podcast to teach self-regulation and calm.



**Smash Boom Best** is a debate show for kids. Cats versus Dogs. Pizza versus Tacos. Super Speed versus Super Strength.



**Stories Podcast:** fairy tales, folk tales, Peter Rabbit, original fiction for kids.



**Circle Round** adapts carefully-selected folktales from around the world into sound- and music-rich radio plays.



**Story Pirates.** Stories written by kids are woven into a narrative about a musical-theater company's magical misadventures.