Free Social Emotional Learning, Regulation, & Mindfulness Apps

Breathe, Think, Do with Sesame (ages 2-5) 	Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges. This bilingual (English and Spanish), research-based app helps your child learn Sesame's "Breathe, Think, Do" strategy for problem-solving. Tap and touch to help the monster friend take deep breaths, think of plans, and try them out! Your child will enjoy silly animations and playful interactions as she is exposed to important emotional vocabulary, a calm breathing technique, personalized encouragement, and more! ***available on Shawano Self-Service, on your school iPad****
Calm (ages 4+) 	Calm is a leading app for meditation and sleep. Join the millions experiencing lower stress, less anxiety, and more restful sleep with our guided meditations, Sleep Stories, breathing programs, masterclasses, and relaxing music. Recommended by top psychologists, therapists, and mental health experts. Calm is the perfect mindfulness app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule. Topics include: * Calming Anxiety * Managing Stress * Focus and Concentration * Breaking Habits * Happiness * Gratitude *Calm Kids *Forgiveness *Body Scan *Self-Esteem *Loving-Kindness *And so much more… ***available on Shawano Self-Service, on your school iPad****

Breathe (ages 4+) 	Take 5 seconds to breathe in, then slowly breathe out. Breathe is meditation made easy. Download today to relax and learn mindfulness in minutes! What you get: - Sleek, easy-to-use design - Relaxation benefits that will last you a lifetime Benefits: - More self-awareness, focus, and power of will - Smiles, love, friendship, and positivity - Equanimity - Peace of mind in a world full of noise ***available on Shawano Self-Service, on your school iPad***
Insight Timer (ages 4+) 	Guided meditations and talks led by the world's top meditation and mindfulness experts, neuroscientists, psychologists and teachers from Stanford, Harvard, the University of Oxford and more. Music tracks from world-renowned artists. Join millions learning to meditate on Insight Timer to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness. Great for both beginners and experienced practitioners. FREE FEATURES: * 40,000+ guided meditations * Select by time for short meditations when on the go, helping you to build a simple daily habit * Thousands of music tracks and ambient sounds to calm the mind, focus, sleep better and relax * The world's most popular meditation Timer * Follow your favourite teachers * Thousands of discussion groups and community features * Stats and milestones for tracking your progress ***available on Shawano Self-Service, on your school iPad***
Breathe2Relax (ages 4+) 	Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management. Breathe2Relax can be used as a stand-alone stress reduction tool, or can be used in tandem with clinical care directed by a healthcare worker. Breathe2Relax now uses HealthKit and your Apple Watch device to measure your heart rate throughout your breathing exercise to help provide an even more complete picture of the relaxation experienced.

Stop, Breathe & Think (ages 5-10) 	Meditation and mindfulness made easy and fun for kids, to help them discover and develop their superpowers of sleep, being calm, learning to breathe or to resolve conflicts. From the creators of the award-winning app for adults, Stop, Breathe & Think Kids is a mindful games app designed specifically for kids ages 5 - 10. Kids can check into how they are feeling using fun emojis and try recommended mindful missions and meditations tuned to those emotions. Stickers reward their progress and keep the mindful activities engaging. The kids meditation and mindful missions in Stop, Breathe & Think Kids were developed in collaboration with activity-based mindfulness expert Susan Kaiser Greenland, creator of the Inner Kids program and author of Mindful Games and The Mindful Child. ***available on Shawano Self-Service, on your school iPad***
Virtual HopeBox (ages 4+) 	The Virtual Hope Box (VHB) contains simple tools to help users with coping, relaxation, distraction, and positive thinking. Users and parents/staff can work together to personalize the VHB content on the patient's own device according to the user's specific needs. The user can then utilize the VHB anywhere and can add or change content as necessary. Users can store a variety of rich multimedia content that they find personally supportive in times of need. For example, a user can include family photos, videos, and recorded messages from loved ones, inspirational quotes, music they find especially soothing, reminders of previous successes, positive life experiences and future aspirations, and affirmations of their worth in their VHB. A user can also collaborate with their family/staff to create coping cards to use in response to personal problem areas they experience. Finally, the VHB provides the user with positive activity planning, distraction tools, and interactive relaxation exercises including guided imagery, controlled breathing and muscle relaxation. ***available on Shawano Self-Service for middle and high school students, on your school iPad***