

## Relaxation Apps

### Children's Apps



**Stop, Breath & Think Kids**



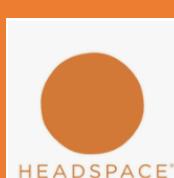
**Mindful Powers**



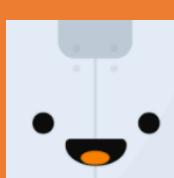
**Children's Sleep Meditation**



**Breath, Think, Do with Sesame**



**Headspace for Kids**



**Reflectly App**

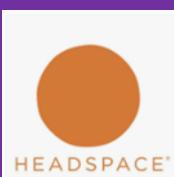
### Teenager Apps



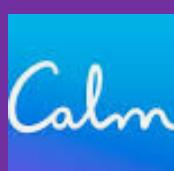
**Smiling Mind**



**Mind Shift**



**Headspace**



**Calm**



**Stop, Breath & Think**



**SAM (Self Help for Anxiety Management)**