

## Relaxation Apps

### Children's Apps



**Stop, Breath  
& Think Kids**



**Mindful  
Powers**



**Children's Sleep  
Meditation**



**Breath, Think, Do  
with Sesame**



**Headspace for  
Kids**

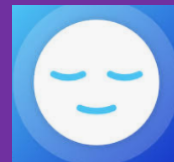


**Reflectly App**

### Teenager Apps



**Smiling Mind**



**Mind Shift**



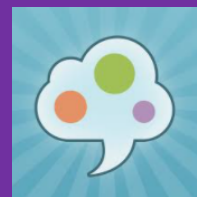
**Headspace**



**Calm**



**Stop, Breath &  
Think**



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