

Mindfulness
APPs and Videos

1. Breath, Think, Do Sesame (free)
2. Calm (in app purchases)
3. DreamyKid (free)
4. MindShift (free)
 - a. Chill out tools. Relaxation & Mindfulness. Can save favorites
 - b. Thought challenging tool. Can develop tailored plans
5. Smiling Mind (free)
6. Stop, Breathe & Think (free and \$)
 - a. Mindfulness & relaxation
 - b. Customizable deep breathing timer
7. Stop, Breathe & Think Kids (free and \$)
 - a. Mindfulness & relaxation with videos for children 5-10 years
8. Still Quiet Place (Mindfulness Exercises for Kids)
 - a. <https://www.youtube.com/watch?v=GIJn5XhqPN8>
9. Insight Timer (free and \$)
 - a. APP and Website
 - b. Extensive offerings for adults, teens and children