# 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)

**Ninjafocus** 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)

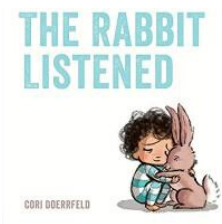
**Cosmic Kids** Channel has lots of kids yoga videos that link to popular movies or kid friendly themes. Meditation skill building.

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

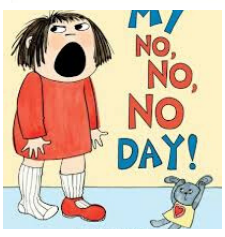
**New Horizon** Channel. Meditation for kids. Audio only.- several scripts to choose from.

## BOOKS

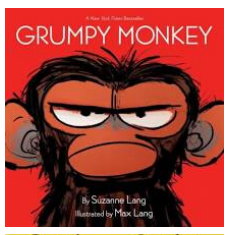
The following books are available on YouTube as read aloud videos too.



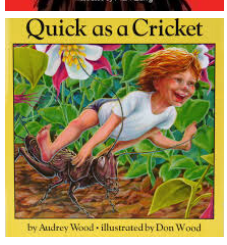

**The Rabbit Listened Written** by Cori Doerrfeld. Animals offer many unhelpful solutions to Taylor's problem. The rabbit listened.




**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.




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




**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.