APP RECOMMENDATIONS

Apps Geared Towards Children

Anxiety/Mindfulness
- Mindful Powers – Guided meditation, breathing, and focus exercises
- Smiling Mind – Breathing meditation and sensory experiences
- Headspace child version – Daily meditation exercises
- Stop, Breathe & Think – guided meditation and breathing exercises
- Super Stretch Yoga – Guided yoga (The Adventures of Super Stretch)
- Calm – Meditation and sleep stories

Emotion Regulation
- Three Good Things: A Happiness Journal – Tracking positive things to improve happiness
- Breathe, Think, Do With Sesame – Dealing with frustrating situations

Social Communication
- Avokiddo Emotions – Silly animals help kids identify emotions
- Daniel Tiger’s Grr-ific Feelings – Songs and activities help kids express, recognize, understand emotions
- Stories in Motion – Comic-style course on social nuances aims to help kids with ASD
- SideKicks! – Using special interests to communicate with your child

Behavior Management
- First Then Visual Schedule – Allows caregivers to provide positive behavior support and create visual schedules
- iReward – Allows caregivers choose the behavior they want reinforced, along with the reward they wish to designate for that behavior.
- iPrompts – A picture-based scheduling app that also include a visual count down timer

Apps Geared Towards Adults

Anxiety
- AnxietyCoach – Utilizes CBT strategies to reduce a wide variety of fears and worries (Created by the Mayo Clinic)
- Rootd – Helps improves panic and anxious mood, includes mindfulness and emergency contact button
- Stop Panic & Anxiety Self-Help – Utilizes CBT strategies and reminds user of their strengths and ability to cope when panic is triggered.
Sleep Time – Toolbox full of gentle soundscapes, an alarm clock, and wake-up algorithm.

Depression
- MoodTools – Tracking mood, safety plan, and brain activities
- Three Good Things: A Happiness Journal – Tracking positive things to improve happiness
- Happify – Reduce stress and relieve negative feelings

Mindfulness
- Headspace – Daily meditation exercises
- Calm – Meditation and sleep stories
- 10% Happier – Guided meditations, videos, talks, and sleep content to help build meditation practice and stick with it.

Social Communication
- Discord – Allows for communication around shared interest
- SideKicks! – Using special interests to communicate with your child

Curated Websites
- Common Sense Education: App reviews filterable by category (Health & Wellness) and age. Includes “Top Picks Lists”
  [https://www.commonsense.org/education/search?contentType=reviews&page=1&limit=25&includeFacets=true&subjects=19654](https://www.commonsense.org/education/search?contentType=reviews&page=1&limit=25&includeFacets=true&subjects=19654)
- Anxiety and Depression Association of America: A curated list of apps from reputable professions
  [https://adaa.org/finding-help/mobile-apps](https://adaa.org/finding-help/mobile-apps)
- One Curated List: A list of apps to teach life skills
  [https://www.commonsense.org/education/top-picks/great-games-that-teach-life-skills](https://www.commonsense.org/education/top-picks/great-games-that-teach-life-skills)