



Children's Mental Health Week 2021 1st 7th February 2021



Great Mindfulness Apps for Kids

Here's a list of 15 apps that can help children deal with anxiety and stress and become more mindful:

1. Breathe, Think, Do Sesame
2. Calm
3. DreamyKid
4. Headspace: Guided Meditation and Mindfulness
5. Kids Yoga Deck
6. Stop, Breathe, and Think Kids
7. Breathing Bubbles
8. Smiling Mind
9. Positive Penguins
10. Calm Counter
11. Emotionary
12. Take a Chill
13. Chill Outz
14. Super Stretch Yoga
15. Relax Melodies



Mindfulness Toys

These toys include:

- Kites
- Spinning tops
- Cards
- Dominoes
- Kaleidoscopes
- Handheld ball mazes (Schwartz, n.d.)



Each of these toys can capture a child's attention and keep them grounded in the present—batteries not required!

Websites

<https://youngminds.org.uk/find-help/for-parents/>

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

<https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>

