

Apps for Promoting Wellbeing



Focus on the go

Family educational game app helps manage emotions

A series of family-based games designed to help kids practice understanding and communicating their feelings and developing skills to calm down in challenging situations. There's a family check up to see how the family is tracking and further resources, tips, and videos aimed at building resilience.

How can it help your child?

- Helps develop skills in identifying emotions, solving problems, and improving communication
- Helps to build family resilience as a whole through gameplay

Rated: 4+

Available on: iOS and Android

Cost: Free



Smiling Mind

Guided meditation app

Smiling Mind is a free mindfulness meditation app for young people to help combat stress, improve focus and increase resilience.

How can it help your child?

- It can reduce anxiety, distress and help them be calmer
- Gives advice on how to relax and manage emotions
- It may increase their concentration

Rated: 4+

Available on: iOS and Android

Cost: Free



Breathe Think Do with Sesame

Character based app to teach kids how to stay calm

Brought to you by Sesame.org, this is for the under fives. It teaches kids Sesame's research-based 'Breathe, Think, Do' approach to solving problems and dealing with tricky situations. Like all things Sesame Street it's engaging, accessible and high quality.

How can it help your child?

- It can help your child to learn coping strategies to help them stay calm
- It also has a 'more tips' section help your child develop resilience by giving them tools to solve problems

Rated: +4

Available on: iOS and Android

Cost: Free





Three Good Things app [🔗](#)

Creates a happiness journal to increase positivity

This app allows kids to create a happiness journal that prompts them to write down three good things every day and track their increase in positivity. The interface is created like a game so it is engaging for young people to use. They can add entries all at once or as they happen and are rewarded by climbing up levels as they record their entries over consecutive days.

How can it help your child?

- It can help your child to learn how to look at daily activities with a positive viewpoint
- It's a great way to keep a record of what your child is grateful for

Rated: +4

Available on: iOS

Cost: Free



Powerme app [🔗](#)

Helps children understand their emotion using emojis

The Powerme app helps children to recognise their emotions and learn how to handle them better as they grow.

They can set up their own avatar and take part in special activities that allow them to learn coping strategies to cope with feelings that may be overwhelming to deal with.

How can it help your child?

- Teaches children to learn that it's okay to have emotions and how to handle them
- It uses dance and physical activities to improve a child's mood

Rated: +4

Available on: iOS

Cost: Free

