

Free Social Emotional Apps: Anxiety, Meditation, Mindfulness, & Stress*



Stop, Breathe, Think



Stop, Breathe, Think Kids



Breathe 2 Relax



Headspace



Insight Timer



Smiling Mind



MindShift



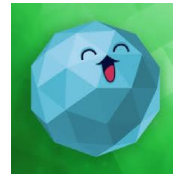
Virtual Hope Box



Breathe, Think, Do



#SelfCare



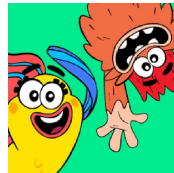
Mindful Powers



Tapping Solution



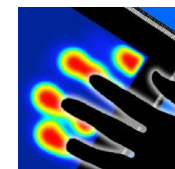
Go Noodle



Go Noodle Games



Super Slime Simulator



Heat Pad

Free Social Emotional Apps: Depression, Self-Harm, Personal Safety*



Calm Harm



My3



Clear Fear

*All apps listed are provided as resources for students and families and usage is the responsibility of the individual. Parents are encouraged to preview and use alongside their students. No application is a substitute for a trained counselor or medical professional. Always seek assistance if you are concerned for your own or other's health and safety.