

## Relaxation Apps

### Sounds for Work, Sleep, and Relaxation

1. Ambient Sounds <https://apps.apple.com/us/app/ambient-sounds/id1144910590>  
<https://play.google.com/store/apps/details?id=it.mm.android.ambience&hl=en> (child and adult)

### Stress Management

2. Happify <https://apps.apple.com/us/app/happify-for-stress-worry/id730601963> (child and adult)
3. Headspace <https://www.headspace.com/covid-19>  
<https://apps.apple.com/us/app/headspace-meditation-sleep/id493145008> (child and adult)
4. Relax Lite <https://play.google.com/store/apps/details?id=com.saagara.relaxlite&hl=en>  
<https://apps.apple.com/us/app/relax-lite-stress-and-anxiety-relief/id409665681> (adult)
5. Breathe2Relax <https://apps.apple.com/us/app/breathe2relax/id425720246> (adult)

### Meditation, Sleep, and Relaxation

6. Calm <https://www.calm.com> (child and adult)
7. Breath Pacer <https://apps.apple.com/us/app/breath-pacer/id838442178>  
<https://www.grc.com/breathe.htm> (child and adult)
8. Stop Breathe and Think  
<https://play.google.com/store/apps/details?id=org.stopbreathethink.app&hl=en> (child and adult)
9. ZenFriend <https://apps.apple.com/us/app/zenfriend-meditate-daily/id880004532> (adult)
10. 5 Minute Relaxation <https://apps.apple.com/us/app/5-minute-relaxation/id641086879> (adult)

### Emotion Regulation for Children

11. Breathing Bubbles <https://www.common sense media.org/app-reviews/breathing-bubbles>
12. Healing Buddies Comfort Kit <https://apps.apple.com/us/app/healing-buddies-comfort-kit/id605421955>

### Building Resilience in Young Children

13. Breathe, Think, Do <https://apps.apple.com/us/app/breathe-think-do-with-sesame/id721853597>