

Mental Health and Wellbeing Apps for Children

Breathe, Think, Do with Sesame

[Breathe, Think, Do](#) with Sesame helps kids aged 2–5 learn to deal with frustrating situations, by helping a Sesame Street monster calm down and solve everyday challenges. They'll learn to take long, deep belly breaths to calm down, think how to handle a problem, then do those things; developing resilience as they overcome frustrations and challenges on their own.

Free on iOS and Android

Calm for kids

Available on the kids category of the [Calm app](#), offering beginners' meditation exercises and bedtime stories specifically designed to calm the mind, which families can do together.

Included in paid monthly subscription on iOS and Android

Chill Panda

[Chill Panda](#) uses breathing techniques to help children relax more, worry less and feel better overall, measuring their heart rate and suggesting tasks to suit their state of mind. NHS-approved.

Free on iOS and Android

DreamyKid

The [DreamyKid](#) meditation app offers meditation, guided visualization and affirmations curated just for children & teens. It uses proven techniques that teach your kids methods to guide them towards a happier life through mindfulness.

Free on iOS and Android

eQuoo

The [eQuoo](#) app uses adventure games designed by psychologists to help increase emotional fitness and teach new psychological skills — learning how to communicate more effectively and maintain mental wellbeing. NHS-approved.

Free (iOS & Android)

Headspace for Kids

Available to all [Headspace](#) subscribers, kids aged 5–12 (and their parents) can enjoy fun, engaging activities that teach them the basics of mindfulness. They'll practice breathing exercises, visualizations and even try some focus-based meditation.

Included in paid subscription on iOS and Android

Mind Moose

[Mind Moose](#) takes children aged 7–12 on a fun, interactive journey to learn about mental wellbeing, their minds and the practical tools they can use to help navigate through life's ups and downs, understand themselves and improve relationships with others.

Paid annual subscription + free resources. Accessed online.

Positive Penguins

The four [positive Penguins](#) take kids on an interactive journey to help them understand that feelings arise from thinking, and if they challenge their negative thoughts successfully, it can change how they feel.

\$0.99 on iOS & Android

Smiling Mind

[Smiling Mind](#) is a mindfulness-based app to help people of all ages from 7 years+, to deal pressure, stress, and challenges of daily life. Now featuring Thrive Inside, a special initiative to help stay calm and healthy in the physical constraints of your home, while remaining calm and healthy inside your mind.

Free on iOS & Android

Worrinots

[Worrinots](#) lets primary age children send a written or recorded message to one of four characters, who help to take away any anxieties or stresses they may be facing. Designed to provide an outlet for children to talk about their feelings, which can be monitored by parents.

Free on iOS & Android