

List of meditation apps or websites for Winter STREAK

MyStrength - <https://mystrength.com/> or download phone app Use code: START; Free from WellSpan Health, entire platform translates to Spanish

Breathe, Think, Do Sesame – download phone app - intended for parents and caregivers to use with their young children (ages 2-5) to help teach skills such as problem-solving, self-control, planning, and task persistence

DreamyKid - <https://dreamykid.com/> or download phone app (Apple devices only) – meditation categories for kids, boys, girls, ages 3-17 include general meditations, sleep stories, guided journey, healing activities, and issue-based guided meditations (ADD/ADHD, anxiety, overeating). Free for schools and free/low cost options for everyone

Headspace – www.headspace.com – free 1-week and 2-week trials (after free trial, cost ranges from \$7.99 to \$12.99) - Guided meditations for all levels.

Stop, Breathe, and Think Kids- www.stopbreathethink.com/kids - free trial available - offers children (age 5-10) a fun and easy way to identify and process their emotions to help them discover and develop their superpowers of sleep, being calm, learning to breathe or to resolve conflicts

Smiling Mind – <https://www.smilingmind.com.au/smiling-mind-app> - free app - contains youth programs for kids age 7 and up; developed by psychologists and educators to aid users in keeping their minds healthy through times of stress, pressure, and challenges of daily life

Three Good Things – A Happiness Journal – free app on Apple devices - helps kids build mindfulness based on simple premise of writing down 3 good things that happen to them each day. (This could easily be transferred to paper and other languages)

Other meditation and mindfulness apps that have free content:

Calm – free, in app purchases

Insight Timer – Free, in app purchases

Sattva – free, in app purchases

Simple Habit – free, in app purchases

10% Happier – free, in app purchases

The meditation and mindful apps/software listed above are not a substitute for medical advice or recommendations.