

Recommended Apps for Kids

These apps offer age-appropriate, evidence-based strategies for relaxation, sleep, and emotional wellness. Most are available on both iOS and Android.



Ages 3–6



Headspace for Kids

Mindfulness, Sleep, Breathing
Voice-guided meditations and sleep stories



Breathe, Think, Do (Sesame)

Emotional Regulation, Problem-solving
Interactive, playful for young kids



Stop, Breathe & Think Kids

Breathing, Emotional Awareness
Customized activities based on feelings



Moshi

Sleep, Mindfulness
Soothing audio stories, guided bedtime meditations

Ages 6–12



Turnaround Anxiety (with parent support)

CBT, Anxiety
Audio-based CBT program designed for children with anxiety and their families.

Includes parent guides and step-by-step help.



GoZen!

Anxiety, Anger, Emotional Skills
Animated, engaging emotional intelligence and resilience-building programs.

Includes videos, tools, and worksheets for anxiety, anger, and more.



Smiling Mind

Mindfulness, Stress
Developed by educators; organized by age



Stop, Breathe & Think Kids

Mindfulness, Emotional Awareness
Personalized activities



Headspace for Kids

Meditation, Focus
Has content suitable up to age 12



Ages 13–17

Teens



Woebot for Adolescents

CBT, Mental Health Support
Requires clinician referral



Sanvello

CBT, Mood Tracking, Mindfulness
Provides mood tracking, guided journeys, therapy tools, and peer support.



MoodMission

Mood, Coping Skills
Suggests scientifically-backed “missions” to improve mood.

Builds coping skills and resilience through evidence-based strategies.



Mindshift

CBT, Anxiety
Use CBT tools to help users manage anxiety, panic, and worry.

Includes goal setting, journaling, and thought reframing.



Moodfit

Mood, Sleep, Mindfulness
Tracks mood, sleep, and exercise to identify mental health patterns. Offers breathing exercises, gratitude journals, and mindfulness tools.



Todoist

Organization, ADHD Support
Task management app to improve organization and focus. Great for building executive function skills and managing routines.



Calm Harm

Self-Harm Urge Management
Help teens manage the urge to self-harm using distraction, comfort and expression tools.



Happify

Positive Psychology, Mood
Gamified activities based on positive psychology.

Helps improve mood and reduce stress in a fun, engaging way.



Depression CBT Guide

CBT, Depression

Provides structured CBT tools to combat negative thinking and improve motivation.

Includes mood tracking, guided meditations, and goal setting.

Ages 18+

Young Adults & Adults



Mindshift

CBT, Anxiety
Great for young adults too



Sanvello

Therapy Tools, Tracking
Includes coaching and community



Todoist

Executive Function, ADHD
Very helpful for routines & focus



Moodfit

Self-Awareness, Habits
Broad features for overall well-being



Happify

Mood Boost, Stress Relief
Fun, gamified experience



Depression CBT Guide

Negative Thought Reframing
Self-guided CBT tools



MoodMission

Coping Skills, Resilience
CBT-informed suggestions



Summary by Purpose



Mindfulness/Sleep

Headspace for Kids
Moshi
Smiling Mind
Calm (Calm Kids)
Moodfit
Sanvello



CBT-Based Tools

Mindshift
Woebot
MoodMission
Turnaround Anxiety
Depression CBT Guide
Sanvello



Anxiety Tools

GoZen!
Turnaround Anxiety
Mindshift
MoodMission
Calm Harm



Emotional Regulation

Breathe, Think, Do with Sesame
Stop, Breathe & Think Kids
GoZen!
Moodfit



Mood Tracking

Moodfit
MoodMission
Sanvello
Depression CBT Guide



Task/Focus (ADHD)

Todoist

Tips for Families

- ✓ Use these tools daily, not just when kids are upset.
- ✓ Model the skills yourself—kids learn by example.
- ✓ Make it fun and pressure-free.
- ✓ Check app settings for screen time limits and privacy controls.



Avoid dependency on apps — even helpful ones (like sleep apps) can become habits.



Need More Support?

Ask your healthcare provider or mental health professional for guidance. These tools are not a replacement for therapy or treatment, but can support emotional wellness at home.

