**Apps & Online Programs for Self-monitoring and Mindfulness**

[**Calm: Sleep and Meditation**](https://www.calm.com/) for teens and adults and [Calm Kids](https://www.calm.com/app/kids) for children. Subscription based available on both Android and iOS.

[**Smiling Mind**](https://www.smilingmind.com.au/smiling-mind-app) – daily mindfulness and meditation guide with free programs for children and adults. Helps children understand emotions, build relationships, increase self-confidence and emotional intelligence, encourages flexible thinking and promotes internal self control.

[**Mindshift – CBT:**](https://www.anxietycanada.com/resources/mindshift-cbt/) using Cognitive Behavioral Therapy this app is designed to help teens (18+) and adults learn to relax and be mindful, develop more effective ways of thinking and to actively manage anxiety. It also offers peer to peer support. It is free to use.

[**Cosmic Kids Yoga**](https://www.youtube.com/%40CosmicKidsYoga) – This YouTube channel has hundreds of hours of entertaining and engaging videos that lead children through yoga and mindfulness activities – many which are themed with favourite characters. It is totally ad-free, and videos can be downloaded. For children aged 3-9 years, also available as [Cosmic Kids App](https://app.cosmickids.com/) on Android and iOS via paid subscription.

**Piku** – available on [Apple](https://apps.apple.com/us/app/piku-calm-kids/id1515706450) and [Android](https://play.google.com/store/apps/details?id=com.kadadesigns.pikuus&hl=en&gl=US). Piku is focused purely on meditation for children aged 3 to 12 years. It is divided into six categories: Magic Journey, Bedtime, Calm, Love and Kindness, Emotions, and Focus. It has meditations that deal with topics, such as learning boundaries and overcoming shyness. All meditations are presented using friendly characters as examples for kids. It is a subscription app.

[**Moshi Kids**](https://www.moshikids.com/) **–** for children aged 2 to 8. Organized in Day, Play and Night sections. The play section has colouring, puzzles, memory and matching games to engage very young children and keep them calm and occupied.

Day has meditations, music, breathing, songs and sounds.

Night has Stories for bedtime, series- based stories, sleep meditations, music, lullabies and sounds (white and pink noise and soundscapes). It also teaches meditation techniques and exercises to ease anxiety, calm down and build self-confidence. Custom playlist are available for morning and bedtime routines. Available on subscription on both Android and iOS.

[**Ninja Focus App**](https://www.ninjafocus.com/)for children ages 3 to 12. It offers Yoga, Mindfulness, Meditation, Sleep, and Music sections.

Self monitoring is supporting with the Mood feature which lets children choose their current mood and get content specifically created around that feeling.

For older children, there are also journal prompts to explore their emotions and it provides assistance with falling to sleep with music, background sounds, and bedtime stories. A playlist feature lets parents or kids set up routines.

Kids who could use some words of encouragement can listen to Pep Talks with some for parents as well.

Available via subscription on both Android and iOS platforms.