

## Mindfulness Apps

*Meditation and mindfulness apps can increase overall positive emotions, enhance focus, improve symptoms of anxiety, and reduce aggression.*



### Stop, Breathe & Think Kids 4+

Kids Meditation & Better Sleep

Stop, Breathe & Think

Designed for iPad

★★★★★ 3.9 • 207 Ratings

Free · Offers In-App Purchases

Meditation and mindfulness made easy and fun for kids, to help them discover and develop their superpowers of sleep, being calm, learning to breathe or to resolve conflicts.

From the creators of the award-winning app for adults, Stop, Breathe & Think Kids is a mindful games app designed specifically for kids ages 5 - 10.

Kids can check into how they are feeling using fun emojis and try recommended mindful missions and meditations tuned to those emotions.

Stickers reward their progress and keep the mindful activities engaging.

[Apple Store Download](#)

[Learn More](#)

