

RESILIENCE APPS:

With schools closed, and many individuals working from home, R3SP wanted to provide you some family friendly apps that you can use to practice your resilience skills. Remember, resilience skills only work if you use them. Also, this would be a great time to start practicing gratefulness or starting a gratefulness journal. For more tips on resilience skills contact the State Resilience Coordinator...

Apps for Families:

- Resilient Family: Happy Child
- Reservoir- Build Resilience
- Virtual Hope Box
- Stop, Breathe, & Think
- Stop, Breathe, & Think Kids
- Calm
- Headspace
- Namatata-Meditation and Sleep
- Happy Not Perfect: Meditation and Mindfulness
- The Mindfulness App: Calm, Focus, and Sleep
- Strong Minds
- Meditation Game

Apps for Children:

- Focus on the Go
- Smiling Mind
- Breathe, Think, Do with Sesame
- New Horizon: Kids Meditation & Sleep Stories
- Mindful Powers
- eQuoo: Emotional Fitness Game
- Cosmic Kids Yoga
- Yoga for Kids and Family Fitness- Easy Workout
- Relax Melodies: Sleep Sounds
- Mindful Gnats
- Little Stories. (Read bedtime story books for kids)

Apps For Individuals:

- Breathe to Relax
- LifeArmor
- TalkLife
- Virtual Hope Box
- My3 Support Network
- Calm
- Happify
- Digipill
- Yoga for Beginners: Down Dog
- Serenity: Guided Meditation and Mindfulness
- Free Meditation-Take a Break
- FitOn- Free Fitness Workouts and Personalized Plans
- Gratitude: Personal Growth and Affirmations Journal
- Resilience App: The Resilience Institute
- RezilienciApp- Be resilient!