












## iPad/iPhone Apps to Promote Positive Mental Health in Children & Youth

**Mental Health** is more than the absence of mental illness – it refers to a positive state of functioning resulting in feeling good emotionally and functioning well in everyday life. Tune into children’s affect (seem happy or content?), ability to perform needed tasks, interaction with peers/adults, and ability to adapt to and cope with everyday challenges. Use these apps to help children and youth be mentally healthy.








Icon	Link	Description	Cost
		<b>Mental Health Literacy</b> Helping young people learn about how to be mentally healthy	
	<a href="#">Where's Pookie?</a>	Using up to date research on Positive Psychology, this interactive storybook helps children to understand “negative emotions and decision making”.	<b>\$1.99</b>
	<a href="#">Rebecca's Positive Story</a>	Using up to date research on Positive Psychology, this interactive storybook helps children/adults to understand resilience.	<b>\$1.99</b>
	<a href="#">Positive Penguins</a>	Teaches students to challenge negative thoughts and increase resiliency through identification of current emotions, exploring the reasons behind the emotions, and developing a better plan to manage them.	<b>\$1.99</b>
		<b>Self Regulation, Coping, &amp; Mindfulness</b>	
	<a href="#">Zones of Regulation</a>	<a href="http://www.zonesofregulation.com">www.zonesofregulation.com</a> assists students in conceptualizing how they are feeling by creating a system to identify emotions as well as 1 of 4 levels of alertness, then uses Cognitive Behavioral and sensory based strategies to teach self-regulation skills.	<b>\$4.99</b>
	<a href="#">Self-Regulation Training Board</a>	Interactive and for students age 3-10, helps student identify triggers (warning signs), feelings and strategies for self-regulation.	<b>\$4.99</b>
	<a href="#">Calm Counter</a>	Visual & audio tool to help student calm when angry or anxious. Includes social story about anger, and audio/visual tools for calming down.	<b>\$2.99</b>
	<a href="#">Calm Talk</a>	Enables children with limited language to express feelings and suggests calming choices which are embedded within the	<b>\$2.99</b>
	<a href="#">Breathing Zone</a>	“Easy to use-There are no complicated settings and no difficult breathing patterns to master. All you need to do is breathe in and out according to the guide.”	<b>\$3.99</b>
	<a href="#">Sesame Street-Breathe, Think, Do</a>	Designed to help younger children manage “challenges” using self-regulation strategies including breathing and problem solving ideas.	<b>Free</b>



Icon	Link	Description	Cost
		<b>Self Regulation, Coping, &amp; Mindfulness (cont.)</b>	
	<a href="#"><u>Calm Myself Down</u></a>	Designed by an ABA consultant to help children with Autism [or other visual learners] calm independently using strategies that are customizable.	\$ .99
	<a href="#"><u>The Shredder</u></a>	From Sosh-Using the visual and sound of an actual shredder, the student types negative thought, feeling or situation and “puts it through the shredder”	\$ .99
	<a href="#"><u>Relax App</u></a>	From Sosh, and INCLUDES the Shredder (above)-great for teaching calming tools such as deep breathing, calming thoughts and blocking negative thoughts with sensory strategies.	\$5.99
	<a href="#"><u>Smiling Mind</u></a>	Geared toward older adolescents and adults, this app is based on principles of modern meditation know as “Mindfulness”	Free
	<a href="#"><u>Short Sequence: Kids' Yoga Journey Lite</u></a>	A quick “Yoga Flow” of 7 positions demonstrated by children.	Free
	<a href="#"><u>Super Stretch Yoga</u></a>	Fun animated interactive Yoga app for kids! 12 Yoga poses for all skill levels and ages-but geared for younger children 4-9.	Free
		<b>Sensory Modulation</b>	
	<a href="#"><u>BrainWorks</u></a>	Helps kids/therapists develop sensory diets by providing over 130 color coded sensory based strategy ideas. Helps students to get calm or alert in order to engage in school activities and social interactions.	\$11.99
	<a href="#"><u>SensoryMeter Lite</u></a>	Helps the child show and understand how he/she is feeling.	Free
		<b>Social &amp; Emotional Learning</b>	
	<a href="#"><u>The Behavior Textbook (TBT)- Feelings Cards</u></a>	This app contains the companion information for an awesome electronic curriculum (BELOW) created for students with disabilities and focusing on emotional and self-regulation using sensory based strategies.	Free
	<a href="#"><u>The Behavior Textbook (TBT)</u></a>	One can take a ‘peak’ at/access this eBook for free using the app ABOVE. An awesome electronic curriculum created for students with disabilities and focusing on emotional identification and coping using many sensory based and Cognitive Behavioral strategies.	\$9.99
	<a href="#"><u>Feel Electric!</u></a>	Tools that use content and curriculum from The Electric Company to provide opportunities to explore emotional vocabulary and self-expression	Free

Icon	Link	Description	Cost
<b>Social &amp; Emotional Learning (cont.)</b>			
	<a href="#"><u>Sosh Lite</u></a>	Strength based tool to work on the “5 R’s” of social emotional development: Relate, Relax, Reason, Regulate, Recognize.	<b>Free (7 day trial)</b>
	<a href="#"><u>Emotionary by Me.Mu</u></a>	Teaches understanding of emotions by emphasizing them in the contexts in which they appear.	<b>Free</b>
	<a href="#"><u>emotionarylite</u></a>	A dictionary of emotions, color-coded by the 5 primary emotion categories. 75 full sized expressive emoticons with short, simple definitions teaches and strengthens emotional literacy. Paid version includes idioms and informal expressions	<b>Lite-Free Full-\$1.99</b>
	<a href="#"><u>iTouchiLearn</u></a>	Teaches 5 primary emotions at Preschool/Early Elementary Level. Lite version has only 1 emotion. Includes games and music.	<b>Lite-Free Full-\$1.99</b>
	<a href="#"><u>Feelings</u></a>	Picture book about “Feelings” with lovely images and an “empowering” message based on social and emotional learning principles.	<b>\$.99</b>
	<a href="#"><u>Autism Emotion</u></a>	Uses music and photo slide show to teach emotions of happy, sad, proud, calm. Appropriate for students NOT identified with ASD	<b>Free</b>
	<a href="#"><u>Model Me Going Places 2</u></a>	Six social narratives in audio and photo slide show format- allows advanced preparation to decrease anxiety in challenging community settings.	<b>Free</b>
	<a href="#"><u>Touch and Learn- Emotions</u></a>	Highly customizable app with vivid preloaded photos of many emotions-“helps kids read body language and understand emotions”.	<b>Free</b>
	<a href="#"><u>Social Skill Builder Lite</u></a>	Lite version has 1 <sup>st</sup> 4 modules (40+ videos) of interactive videos for social learning. Includes multiple-choice questions.	<b>\$2.99</b>
	<a href="#"><u>Emotions, Feelings and Colors!</u></a>	Social development and emotion games for preschool and early elementary age children.	<b>Free</b>
	<a href="#"><u>Middle School Confidential 1</u></a>	“Be confident in who you are”: Graphic novel format teaches middle school age students targeted character traits.	<b>\$2.99</b>
	<a href="#"><u>Middle School Confidential 2</u></a>	“Real Friends vs. the Other Kind”: Graphic novel eformat teaches middle school age students about relationship issues.	<b>\$2.99</b>
	<a href="#"><u>Storysmart1: Trudy goes to the Beach</u></a>	“Trudy is taking a beach trip with her family. Can she make expected choices when her sensory system is overloaded and she’s on a different schedule?”	<b>\$3.99</b>



Icon	Link	Description	Cost
		<b>Social &amp; Emotional Learning (cont.)</b>	
	<a href="#">Storysmart2: Casey's Big Day</a>	"Casey has many worries and frustrations on his first day of 5 <sup>th</sup> grade. He will need your help to keep his body in control, keep thoughts inside his head, and keep his cool as he navigates his day in class."	<b>\$3.99</b>
	<a href="#">Expressions for Autism</a>	Helps students understand and recognize different expressions/emotions by using facial features to recreate them.	<b>Free</b>
	<a href="#">Emotion Detective</a>	Practice key social skill concepts (based on Scott Bellini's-2006 work) as the student resolves mysteries.	<b>\$13.99</b>
	<a href="#">Feelings Book</a>	App based on the Feelings Book (Rubin & Laurent, 2000). Fosters developing of the "3 E's"- Emotional Identification, Understanding and Regulation.	<b>\$1.99</b>
	<a href="#">Emotions and Feelings Autism Social Story</a>	App contains a simple animated drawing with single sentences in a social narrative for each of the emotions and feelings listed: happy, mad, sad, tired, silly, frustrated, hungry, scared.	<b>\$2.99</b>
	<a href="#">Emotions Collection</a>	Anna and Pete learn to acknowledge various emotions. Suggested ages 3-8.	<b>Free</b>
	<a href="#">Axel's Chain Reaction</a>	The story of Axel Jansen who "struggles to connect with his classmates and get them to see past the fidgety, distracted, clumsy boy they think he is. "	<b>\$2.99</b>

(2015) Developed by Lezlie Fahl Kinder, OTR/L for [www.everymomentcounts.org](http://www.everymomentcounts.org)

### **What is *Every Moment Counts*?**

Funded by the Ohio Department of Education, *Every Moment Counts* is a mental health promotion initiative developed to help *all* children and youth become mental healthy in order to succeed in school, at home and in the community. This work, developed by occupational therapists, focuses on reframing mental health as a positive state of functioning – mental health *is* more than the absence of mental illness. Positive mental health is associated with feeling good emotionally and doing well functionally in everyday life. For children and youth, this means doing well during academic (classroom) as well as nonacademic (recess, lunch, after-school extracurricular activities) times of the school day. A multi-tiered public health approach is used to provide a range of services and supports geared to meeting the mental health needs of children and youth with and without disabilities and/or mental health challenges. *Model programs and toolkits* have been developed emphasizing embedded strategies to help all children and youth enjoy participation throughout the day (classroom, cafeteria, recess, after-school) and cope with challenges.

Check out [www.everymomentcounts.org](http://www.everymomentcounts.org) for free, downloadable model programs and resources.

Bazyk, S. (ed.). (2011). *Mental health promotion, prevention, and intervention for children and youth: A guiding framework for occupational therapy*. Bethesda, MD: AOTA Press.

