



Relaxation Resources

Meditation, breathing, guided imagery, and visualizations aimed to help with stress and sleep

**Not recommended for use during activities like driving due to safety concerns

Name	For	System	Ages	Price
www.meditationoasis.com	Meditation podcasts, Relaxation, Sleep Apps	Apple	Children and Adults	Free to \$2.99
HealthyStar (ebook)	Relaxation exercise	Apple	Younger children	Free
RelaxMelodies	White noise ambience. Sleep, meditation, yoga	Apple / Android / Google Play	4 and older	Free
Gaze HD Beach Life	Visualization scenes	Apple	Any	Free to \$.99
Gaze HD Beautiful Views Life	Visualization scenes	Apple	Any	Free
MyCalmBeats	Breathing exercise	Apple / Android	5 and older	Free
Breath2relax	Breathing exercise	Apple	4 and older	Free
Tactical Breather	Breathing exercise	Apple / Android	Older teens and adults	Free
Calm	Meditation and Sleep. In tune with body's way to go from acting to resting	Apple	4 and older	\$12.99/month
Headspace	Meditation	Apple / Google Play	5 and under, 6 to 8, 9 to 12	\$12.99/month
Insight Timer	Meditation for Sleep, Concentration, and Anxiety	Apple / Google Play	4 and older	Free
Relax Lite	Breathing, Meditation	Android / Google Play	4 and older	Free
Breathe, think, do with Sesame	Breathing exercise	Any	Toddlers and Preschoolers	Free
Smiling Mind	Guided meditations (body scan)	Apple	All ages	Free
Mindshift	Meditation and yoga	Google Play	Teens and Adults	Free
I Can Relax	Progressive Muscle Relaxation	Purchase from Amazon	Ages 4 to 12	MP3 (\$9), App, CD (\$11)
GoZen	Coping, resilience, happiness skills	Online only	Ages 4 to 25	\$97 for 1 year
Stop, Breathe, & Think	Guided meditation / mindfulness	Apple	Ages 4 and up	Free
Relaxing Sounds	Meditation, Sleep	Android / Google Play	All ages	Free
https://open.spotify.com/track/01JxZvvr4i2PIGWKfC0wXx?si=wJDMnBcoQCaI7OLnzmTiA	Guided walking meditation	Apple / Android	Older children and Adults	\$9.99/month