

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 older	\$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
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

