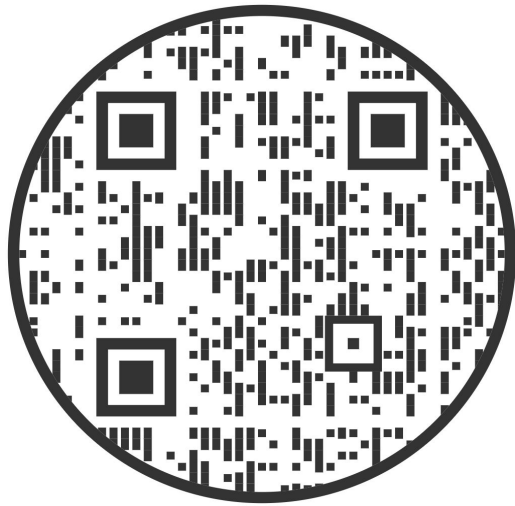


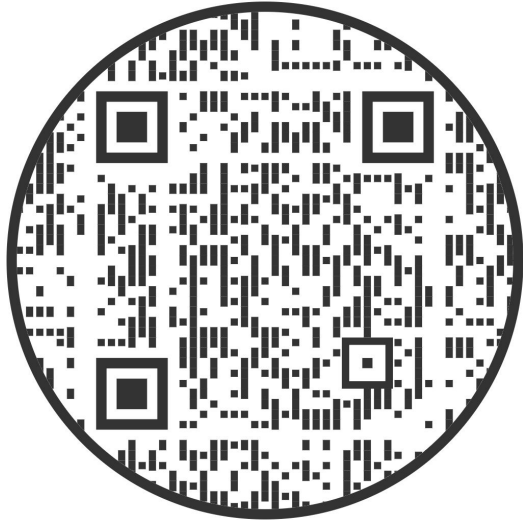
# Wellbeing





**Presently**  
encourages you to  
celebrate the  
richness of your  
daily life, helping  
you focus on what  
really matters.

**PRESENTLY**



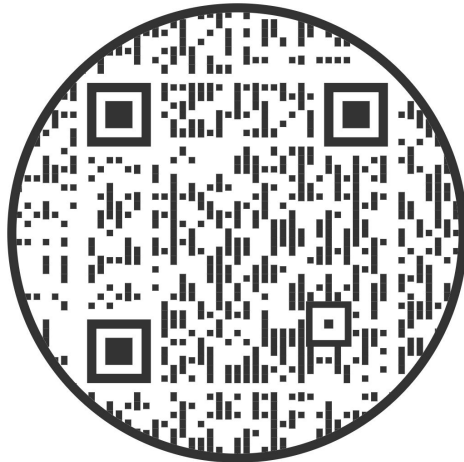
A **podcast** that  
encourages you to  
take control of your  
wellbeing within the  
classroom with  
authentic and  
relatable stories.

**TEACHERS CAN**



**Mindful  
colouring** is a  
great way to  
relax and  
decompress by  
creative with a  
quick five minute  
fix, or for many  
hours.

# MINDFUL COLOURING



A **mental wellbeing**  
app with mental fitness  
resources and tools to  
support lifelong mental  
health and wellbeing.  
The evidence-based  
tools support people to  
learn the skills to  
maintain their mental  
health in fun and  
interactive ways.

# SMILING MINDS



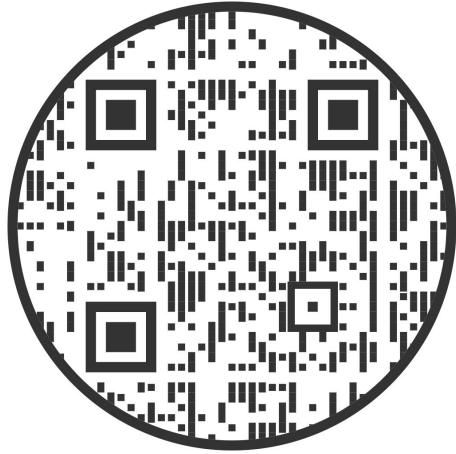
**Gratitude based**  
daily mental  
health journal  
designed to  
cultivate a simple  
habit of wellness  
journaling.



**Headspace** is a  
meditation and  
mindfulness app that  
offers a variety of  
guided meditation  
sessions and exercises  
to help users improve  
their mental  
well-being and reduce  
stress.

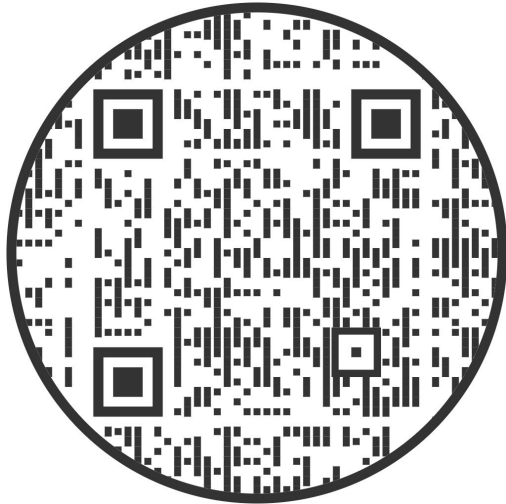
# THREE GOOD THINGS

# HEADSPACE



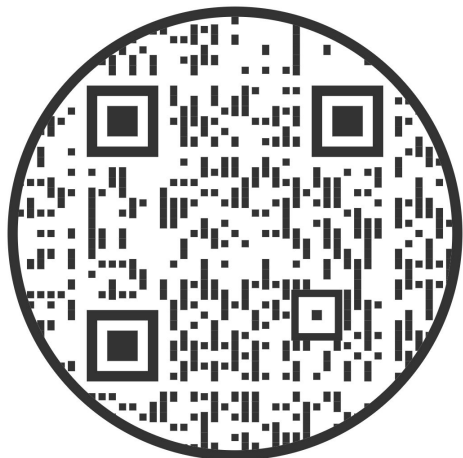
The **Forest app** is designed to promote productivity, time management, and focus by helping users stay away from their phones and other distractions.

## FOREST APP



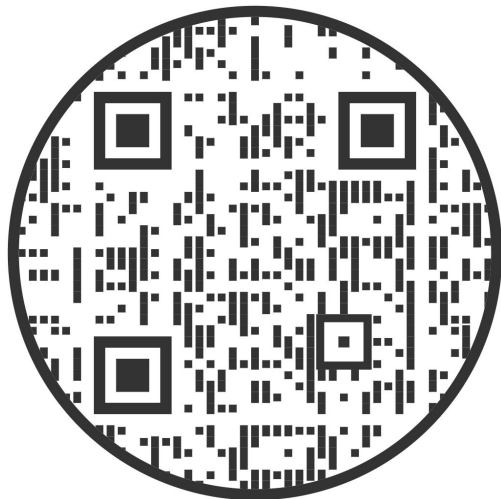
**MoodKit** is an app designed to help you apply effective strategies of professional psychology to your everyday life with four integrated tools.

## MOODKIT



**Fabulous** is a self-care coaching app that harnesses behavioural science to help you develop lasting healthy habits.

# FABULOUS



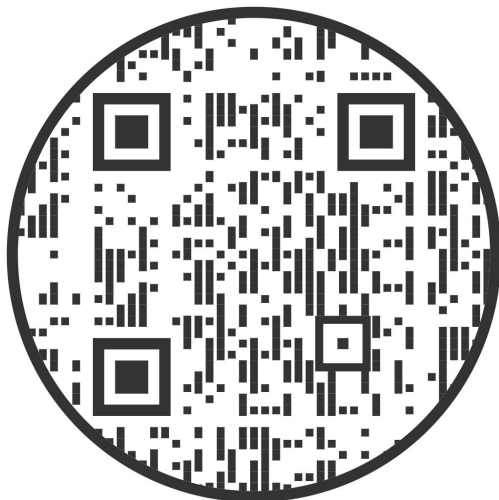
The **SuperBetter** app uses the psychology of game play to achieve youth mental health, resilience, social-emotional learning and student success in a way that is practical & engaging.

# SUPERBETTER



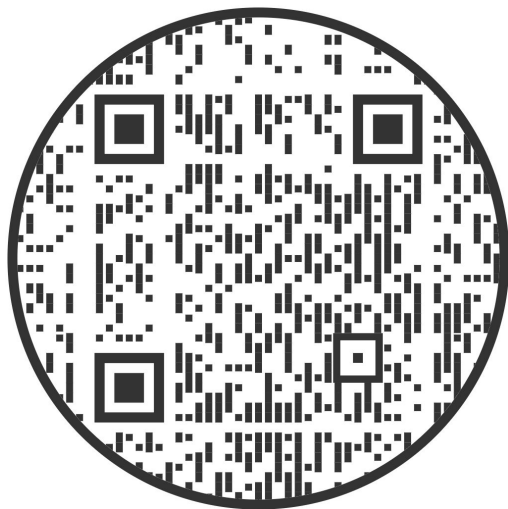
**My FitnessPal** allows people track their nutrition and fitness goals, by logging their meals, count calories, and monitor their exercise routines to support their health and wellness objectives.

# MYFITNESSPAL



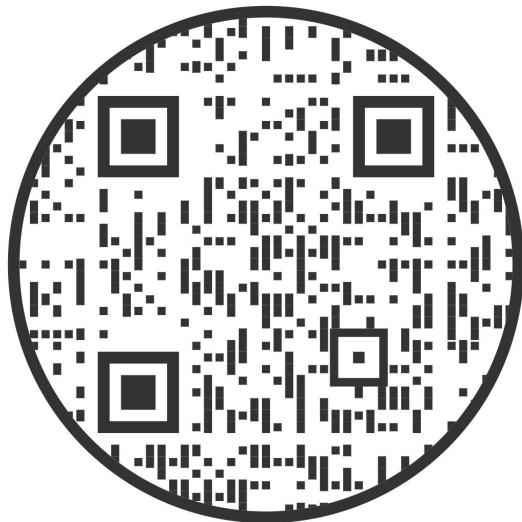
The **Chill Panda** app incorporates gamification elements, offering interactive activities and exercises that aim to reduce stress and promote relaxation. Users can engage in breathing exercises, mindfulness practices, and guided relaxation sessions.

# CHILL PANDA



The **Daniel Tiger** app offers a variety of interactive games and activities that aim to promote social-emotional skills and early learning for preschoolers. Designed with busy parents in mind, the app is simple, educational and entertaining for caregivers and children.

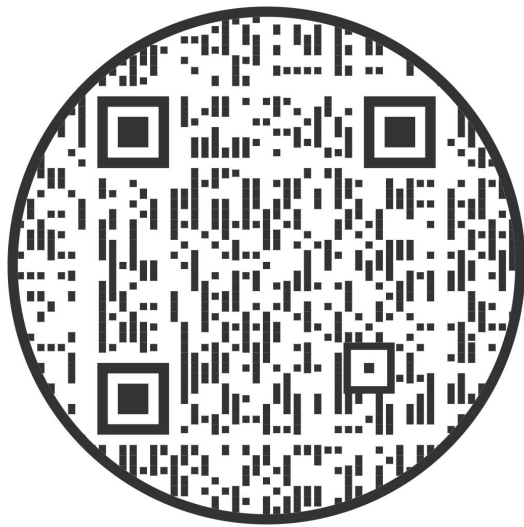
# DANIEL TIGER



The **DreamyKid** Meditation App includes child-friendly guided visualizations, affirmations, and meditations with a focus on ADHD and anxiety.

# DREAMY KID





**Autism Emotion**  
uses music and a  
photo slideshow to  
help teach about  
different emotions.  
Emotions include  
happy, sad, proud  
and calm.

# AUTISM EMOTION



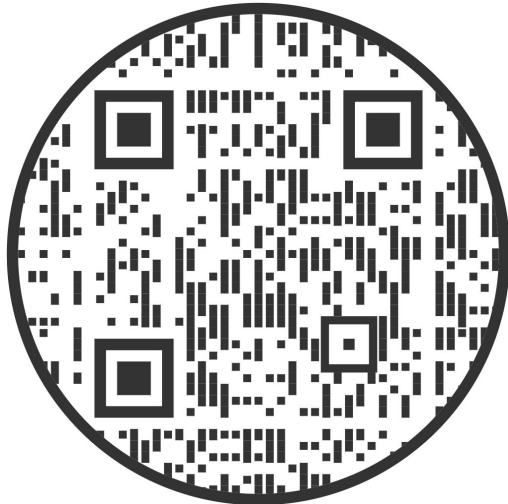
**Sound Mind** uses  
Music therapy which  
promotes better  
mental health and  
wellbeing in the  
classroom and in  
homes

# SOUND MIND



**Worrinots** is an app designed to help children and young people manage their worries and anxiety. The name "Worrinots" is a combination of "worries" and "nots," suggesting that the app aims to alleviate worries and anxieties.

# WORRINOTS



**eQuoo** combines gamification and psychological techniques to provide mental health and emotional well-being support. The app is designed to help users improve their emotional intelligence and develop positive psychological skills through interactive storytelling and gameplay.

# EQUOO



The **Zones of Regulation** app is designed to support emotional regulation and self-control in children and individuals with emotional and behavioral challenges. Children will learn the four zones of emotions. As they play and answer questions correctly, they earn tokens that they can then turn in for items and honours.

# ZONES OF REGULATION



The **Cosmic Kids Yoga** program combines storytelling, yoga poses, and mindfulness exercises to make yoga accessible and enjoyable for children of all ages. Each yoga adventure takes children on a journey through a creative and imaginative story, incorporating yoga poses and movements that relate to the theme.

# COSMIC KIDS YOGA



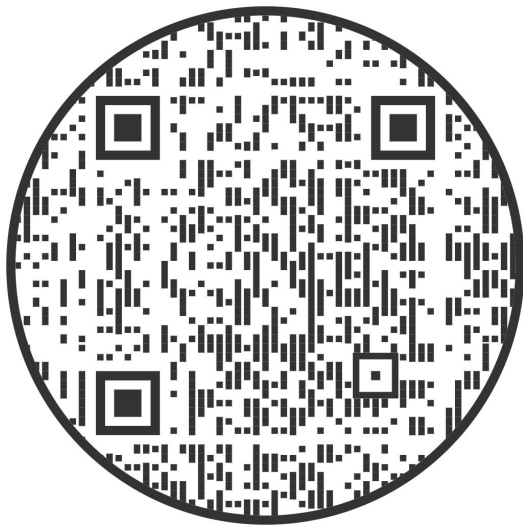
There are six calming sounds and ten guided **meditations**. Each themed recording lasts about five minutes and guides children through simple movements, stretches, breathing exercises, or visualizations.

# MEDITATION FOR KIDS



**Mindful Meditation** provides a suite of meditation sequences at various lengths for you to help practice mindfulness and bring you back to the moment.

# MINDFUL MEDITATION FOR ALEXA



This is a resource app for you to share with your child to help teach skills such as problem solving, self-control, planning, and task persistence. Laugh and learn as you help a **Sesame Street monster friend** calm down and solve everyday challenges.

**BREATHE,  
THINK, DO  
WITH SESAME**



**Mindful Powers**<sup>TM</sup> is a kid-first, holistic approach to building social-emotional learning through the power of play. Built on a skills-based methodology that helps children in early and middle childhood build a healthier relationship with life, stress, and anxiety.

**MINDFUL POWERS**



**Young and Healthy**  
engages tamariki in a  
fun way to develop a  
love of being active  
and making the best  
choices they can to  
positively impact their  
mental and physical  
health, every day and  
for their future.

**YOUNG & HEALTHY**