

The Brake Shop Clinic: Relaxation Options

Apps to Help Kids Relax



49 Poses - Download this app with hours of FREE kid's yoga video lessons. Learn yoga from certified professional teachers who have taught yoga to children around the world. Learn proper techniques for teaching kid's yoga, by watching professionally produced high quality video lessons. Download videos anytime, remove them from your phone whenever you want, and download your favorite videos again for FREE at any time.



5 Minute Relaxation - Do you feel stressed and anxious? Do you crave a moment of peace and relaxation? Then download this app and feel calmer and more relaxed in just 5 minutes. Features a combination of vocal guidance, soothing music and relaxing sounds to create a calm journey into peace and tranquility.



BabyBubble - The first 100% free bubble popping game for babies and toddlers that also has NO ADS and NO INTERFACE. Just plain, simple, happy bubble popping fun. Besides being free, ad free, and having no interface, Baby Bubbles Free offers a soothing lullaby soundtrack, bubbles of 7 different colors and smart multi-touch support.



BellyBio - turns your iPhone/iPod Touch into a highly-sensitive deep breathing sensor providing a real-time, objective stress-level index based on your breathing pattern. Biofeedback thus becomes more simple and powerful –not to mention affordable– than ever, so you can now know for sure who's the coolest dude in the neighborhood.



Breathe Well - Balance your life and practice a relaxed state of mind to relieve your stress and tension. Breathe Long app's presents a three phase guides to deep breathing based on the principles of meditation.



Breathe2Relax - a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management. Breathe2Relax can be used as a stand-alone stress reduction tool, or can be used in tandem with clinical care directed by a healthcare worker.



Calm - Now available for iPhone, Calm can help you meditate, sleep, relax, focus and much more. By downloading this app, you'll discover how meditation can improve your mood - and your life.



Gratitude 365- Keeping a gratitude journal can become a positive habit, but only with discipline. With continued exercise, practicing gratitude will create more abundance, prosperity, well-being, and happiness than you ever thought possible. Gratitude 365 is designed with simplicity in mind. It's the best way to keep a gratitude journal. Try it out. You'll love it, but most importantly, when you do it consistently, you'll start to see your life change.



Heat Pad - This app simulates various heat-sensitive surfaces reacting to the heat of your fingertips. Simple, yet surprisingly relaxing and entertaining! Play alone or let your fingertips meet other fingertips from all around the world and doodle on the same surface!



Mindshift - Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.



MySpring - Wouldn't it be great if you could make your time inside feel a little sweeter by bringing a taste of Spring with you to your desk? That's where MySpring, the application, can help make your days a little brighter. MySpring simulates a set of fully interactive wind chimes and puts the sights and sounds of a Spring day in your hand. MySpring provides a set of virtual wind chimes that sound and behave just like the ones jingling and ringing away in the background on a soothing day outside on your porch.



Relax Melodies - Select sounds and melodies that you like and combine them to create a mix. Adjust the volume of each sound individually for better results. Lay back, listen, and enjoy falling asleep. Is that simple and it works. Use timers and alarms if needed. Try different and new mixes every time! Can also be used in many other situations. Perfect during some of your favorites activities such as relaxing at the spa, exercising in your yoga or relaxation classes, massaging sessions, or even when taking a nap! For parents, the ideal to help your baby fall asleep!



Sing Song Yoga - Perfectly customizable, the Sing Song Yoga® App is a full, beautifully produced HD DVD program. The very first of its kind in kids' yoga apps, it allows the user to choose individual poses or choose a PreProgrammed Sing Song Yoga® Sequence by simply dragging them to the Sequence Canvas and play as a seamless video. Perfect for families, schools, after-school and health programs (such as rehabilitation, special education, or health and fitness for kids).



Sleep Meditation for Kids - Created for children of all ages, this app skilfully guides children to the creative part of their mind through a number of carefully scripted story meditations. Each meditation story has an underlay of subtle sound effects and gentle music which combined with Christiane's calming voice make them irresistible and a deeply relaxing. This recording will help children to relax and will enhance feelings of contentment. It can be used for a general relaxation, or as a teaching resource and is suitable for children up to the age of 12.



SuperStretch - Move, play and breathe as Super Stretch introduces you to his friends and their yoga poses. Super Stretch is your guide who takes you on your journey. Using storytelling, animation and video examples, kids enjoy making NAMASTE a part of their day. NAMASTE is The Adventures of Super Stretch's secret code to help kids learn to find balance and strength in their lives. Be the best you can be! Practice poses, collect 12 stars and get a team photo. Each of Super Stretch's friends helps us learn how to use movement and breathing to make every day balanced. Then, real-life kids demonstrate the pose. So easy and entertaining we forget that it's exercise.



TanZen - Choose a puzzle to solve, and try to fit all seven game pieces within the shaded puzzle area without overlapping. TanZen will recognize when the puzzle is finished. Pick up and play for two minutes, or two hours!



Zen Beads - Zen Beads is a tactile digital toy for young and old. The Zen Beads respond to your touch. How you play with them is up to you



Arabian Adventures - Find your nearest Arabian Adventure Class, and listen to our Arabian soundtrack including belly dancing music, the snake charmer, and Arabian sound beds.



StopBreatheThink - Become more mindful and compassionate using our Meditation Guide. Check in daily, track your progress, and feel the calm.



Smiling Mind -is modern meditation for young people. It is a unique web and App-based program designed to help bring balance to young lives, based on a process that provides a sense of clarity, calm and contentment.

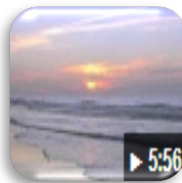
Youtube Videos to Help Kids Relax



[Guided Relaxation and Healing for Children and Parents - Into Space](#)
(James Allen)



[Guided Meditation for Children](#) (Chitra Sukhu's)

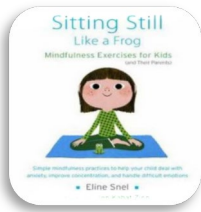


["TIPS - Deep Breathing Exercise"](#) (NIHClinicalCenter)



[Progressive Muscle Relaxation - for kids and adults!](#) (therapYi)

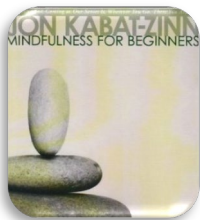
Relaxation CD's



Simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions. (Eline Snel)



Fourteen fun and calming exercises (74 minutes) using music, breathing, muscle relaxation, and active imagination to soothe and release tension for use at home, school before anxiety producing events, bedtime, and anywhere stress reduction or relaxation is needed. (Roger Klein & Jeffrey Allen)



Explore five guided meditations that lead you breath by breath into the essence of Mindfulness-Based Stress Reduction (MBSR). (Jon Kabat-Zinn)



Teaching children and teens stress management skills early in life will help them to grow into happy and healthy adults (Amy Saltzman)