








HOXTON PARK HIGH SCHOOL

APPS TO SUPPORT STUDENT WELLBEING

APP		OVERVIEW
CHILD360		<p>This app is designed to assist you in supporting your child’s emotional and social wellbeing, with suggestions on how you can build their resilience.</p>
HEADSPACE – GUIDED MEDITATION		<p>This app takes a calm, relaxed approach to bringing calm relaxation into the lives of adults and kids. Headspace app, aims to keep children “calm and focused” through short meditation exercises.</p>
SMILING MIND		<p>This app is designed to help reduce people pressure, stress, and challenges of daily life. This app has a fantastic section on Mindfulness in the Classroom.</p>
REACHOUT WORRYTIME		<p>This app is designed for managing the time you spend worrying.</p>
CALM		<p>This is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users. Enjoy 100+ guided meditations to help you manage anxiety, lower stress and sleep better.</p>
DAYLIO		<p>This Self-Care app is designed to help with Bullet Journaling of Goals, Mood Diary & Happiness Tracker. Keep a diary and capture your day without writing down a single word!</p>
YOUTH – BEYOND BLUE		<p>This app is designed to help teenagers talk to friends that they think might be struggling.</p>