

Relaxation and Mindfulness

Take your [World Languages classroom](#) to the next level with our **great world languages content on the Savvas Realize™ digital platform!**

Also check out these helpful “cool tech” tools that we’ve curated for you! **Breathe Easy** with relaxation, mindfulness, and sleep tools to help you and your students both inside and outside of the classroom.

Note: Many of these tools are free or have basic options that are free. For some, if you want to upgrade to the next level, then there may be an associated fee.

COMPANY	WEBSITE	TECHNOLOGY FEATURES	BENEFITS
Savvas Learning Company	Auténtico Spanish App Apple App Store	Free App with speak and record functionality, hip hop songs, flashcards, <i>Videomodelos</i> & so much more for iOS.	Fosters communication and lowers affective filters
FOR ADULTS			
Insight Timer	Apple App Store Google Play	70,000 free meditation and music tracks to help with relaxation. Adds new guided meditations every day. Users can search by topic, by length or by teacher. It is possible to follow a favorite teacher and join discussion forums in-app. Insight Timer is free, with the option to subscribe for access to courses and to listen offline.	Learn meditation, relaxation, and ease into sleep
Meditation and Relaxation	Apple App Store Google Play	This app has themed meditations organized by type, including meditations for sleep with instructions that are clear and easy to follow. With meditation and relaxation for those who are new to both as well as a 7-day program to introduce mindfulness techniques. Other content includes 7-day programs on topics, such as stress relief, and many single sessions topics, such as self-love and forgiveness. The app is free, with limited content. For an annual subscription fee, users can access the full app content.	Introduces mindfulness techniques, how to meditate, self-help courses, and how to ease into sleep
Relax Melodies	Apple App Store Google Play	The app really aims at helping people fall asleep. It contains a library of music, white noise, and sounds. In addition, it includes breathing exercises, stories for bedtime, and also features guided meditation. Has the ability to create a personalized mix including sounds and guided meditations and set reminders to use the app. Includes a timer feature making it easy to use the app for falling asleep. After a free 7-day trial, users have the option to subscribe with an annual subscription fee.	Aids with sleep, relaxation and meditation
Calm	Apple App Store Google Play	Calm offers breathing exercises, music, and guided meditations. Great for those new to meditation, but also has content for more advanced users. Sessions range from 3–25 minutes. New 10-minute daily meditations are added every day. A significant feature of the app is sleep stories with over 100 bedtime stories designed to help users unwind and fall asleep. They offer a free 7-day trial, then an option to subscribe with an annual subscription fee.	Learn to meditate, relax and have better sleep

Relaxation and Mindfulness *continued*

COMPANY	WEBSITE	TECHNOLOGY FEATURES	BENEFITS
FOR ADULTS			
<i>Headspace</i>	Apple App Store Google Play	The basis of this app is exercises that teach mindfulness and meditation. Beginners can start with a basic course that introduces them to mindfulness. App has a specific sleep section, with sounds to relax, guided meditations, and exercises to ease into sleep. The 7-day free trial allows access to all content. Even without a subscription, users can still access some free content.	Learn to meditate, become more mindful and relax
<i>Pzizz</i>	Apple App Store Google Play	App uses what they call dreamscapes using a playlist of sounds, music and spoken segments. This app has three themes, sleep, nap, and focus. This tailored playlist, which changes every night, helps users get to sleep. The app learns what sounds a particular user likes and dislikes and will personalize playlists accordingly. The app offers a choice of narrators too. The nap setting contains spoken instructions and music. The focus setting contains sounds that aim to boost productivity by encouraging the user to concentrate. App comes in two versions, pro and free. Users can trial pro for 7 days or can continue to use the free version.	Ease into better sleep and have better focus
<i>Relax & Sleep Well Hypnosis</i>	Apple App Store Google Play	The app contains recordings that guide the user through a self-hypnosis session, with background sound effects. Narrator of the app is hypnotherapist Glenn Harrold. It contains four free recordings, one of which is a 29-minute hypnotherapy session. The session helps the listener relax and encourages healthy sleep patterns. The app is free to download, with four free recordings. Users can purchase other recordings in-app.	Develop healthy sleep patterns and aids in relaxation
<i>Buddhify</i>	Apple App Store Google Play	Mediation app with over 200 meditations. Sessions for both beginners and those with more experience, with lengths from 3-40 minutes. The meditations include getting to sleep, travelling, and facing a stressful situation. Includes mindfulness exercises you can do wherever you are, in categories such as travelling, at work, waking up, eating, and even when you're online with exercises help to calm the mind before sleep. There is a one-time cost to download the app. All content is free, with the option of paying an annual membership for extra features and benefits.	Decrease anxiety, stress, pain, and facilitate sleep
FOR STUDENTS			
<i>Mindful Powers</i>	Apple App Store	The app encourages a whole child approach to helping young minds learn and practice mindfulness so they can respond more effectively to stressful situations through the power of play. At the same time they build a healthier relationship with life, stress, and anxiety. Uses a skills-based approach. Free to try but does offer in-app purchases.	Lessen stress, anxiety and develop better coping skills

Relaxation and Mindfulness *continued*

COMPANY	WEBSITE	TECHNOLOGY FEATURES	BENEFITS
FOR STUDENTS			
<i>Smiling Mind</i>	Apple App Store Google Play	In addition to breathing meditations, the app has grounding body scans, and sensory exercises such as listening to music or tasting foods. Like listening to music. There are programs for different age groups, as well as for schools, workplaces, and sports. Keeps track of when kids meditate. Created by a nonprofit to improve mental health. Free	Learn to meditate, relax and increase sense of calmness
<i>Breathe, Think, Do with Sesame</i>	Google Play	Not specifically for meditation, but app it's great for introducing very young kids to the concept of calming down through the "Breathe, Think, Do" method. Kids help an animated monster facing a frustrating situation to calm down by taking long, deep breaths. They help the monster think of a solution and do it. Free	Increase sense of calm, ability to handling situation and come up with solutions
<i>Headspace Kids</i>	Apple App Store Google Play	Originally for adults, Headspace now has specific mindfulness activities for kids, with five themes: Calm, Focus, Kindness, Sleep, and Wake Up. Customized activities for three different age groups: Under 5, 6–8, and 10–12, and each has a role for parents. Teens can also benefit from the app, with reminders to help kids stay on track, and a buddy system so different users can encourage each other. Free to try but fee afterwards.	Learn to meditate, become more mindful and relax
<i>Three Good Things: A Happiness Journal</i>	Apple App Store	This journaling app can help kids build mindfulness based on a simple idea: If kids write down three good things that happen to them each day, they'll feel happier. The app is very easy to use. After kids enter their name, they're asked to write a few words about something good that happened that day, then a second and third thing. App has a reminder function, and they can look over past journal entries. Free for iOS.	Build mindfulness through gratitude
<i>Stop, Breathe & Think</i>	Apple App Store Google Play	Meditation app for kids in middle school and older with guided meditations and breathing exercises. For beginners, the app includes a guide on how to meditate. Users can share how their mind and body are feeling, and the app suggests a meditation. App tracks total meditation time, and how "settled" users report they feel. Free to try, but has a fee afterwards.	Learn to meditate, de-stress, relax and become calmer
<i>Calm</i>	Apple App Store Google Play	Best for older teens and young adults this mediation app offers a new meditation every day, along with programs like "7 Days of Calming Anxiety" or "7 Days of Focus." Mostly guided, there are also options for unguided timed meditations. Kids can also listen to sounds like ocean waves or wind. It's free to try the app's first program and a few stand-alone guided meditations.	Learn to meditate, relax, develop better sense of calm and ease into sleep

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