The Creative Counselor

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Useful Apps for Counselors, Therapists and Psychologists

Apps

Wince-Don't Feed the Worry Bug- This is an excellent app for children with worries/anxiety. I recommend paying for the full version. This is an interactive book that the children love! They can feed the "worry bug" their worries and learn skills to reduce their worry.

Moody Monster Manner- This is especially useful for younger students. I love this app because it is free and it helps children learn about feeling expression in a fun interactive way. This app allows the children to make their own moody monsters and play a variety of mood related games. A lot of fun!

Touch and Learn-Emotions- This app says a feeling word and shows four real life pictures of children. Your student is asked to tap the picture that matches the emotion/feeling word given.

What Would You Do at School If Fun Deck- This is a fun game that provides social scenarios. This can be played in a small group or large group. The students have to provide an appropriate response to the given situation. Helps students learn from each other and helps them learn to become creative in their problem solving abilities.

CBT4Kids Toolbox- This is likely one of the apps I have used the most! It helps children learn about body changes related to emotional states, helps develop thinking and problem solving skills, and teaches children to use progressive muscle relaxation and deep breathing. This is app states that it is for children ages 6-12. It also allows you to track and monitor the progress of your students.

Tic Tac Toe Free HD- I find this app fun for rapport building with new students

Scribble Press- Again, this is a useful rapport building app. It allows them to draw and color and create "About me" books.

FOCUS on the Go- Allows children to learn to understand and share feelings. This has a lot of games and as they progress throughout the games they earn various tools for calming down.

Super Stretch Yoga HD- This is a great way to teach children basic yoga moves and it describes how these stretches can help them feel calm.

Social Skill Builder- The lite version is free but I broke down and purchased the full version. I recommend starting with the lite version and if you find you are using it all the time, it might be time to purchase the full! This is an app that shows videos of students in a variety of social situations and helps your students identify the appropriate and inappropriate behaviors that were shown. The full version has scenarios for children between pre-k and 8th grade.

Three "Little" Pigs (and the Big Bad Bully)- this app provides an interactive book about bullying. It has a great lesson and helps the children learn how to handle bullying.

Growing Up: Why Do I Feel This Way? and Growing Up: What Is Adolescence?- These help children learn about the changes that occur in adolescence and what they can expect.

<u>Aliens Like Milk for Kids</u>- This app is not necessarily educational but I find it can be a good incentive. For example if the children earn "tablet time" they get to play this at the end of a session.

<u>Where's My Water?</u>- Again, this is more of an incentive app.