

Recommended RELAXATION APPLICATIONS for i-devices or personal computers

Application	Cost	Ages	Potential Role in Biofeedback Training	Device required
Breathe 2 Relax	Free	8-18	Can be used as a stand alone tool as it contains an instruction narrative; best when used in tandem with biofeedback training	Requires iOS 3.2 or later i-tunes, i-phone, i-pad, Android
BellyBio interactive breathing	Free	4 and older	BellyBio turns your iPhone/iPod touch into a sensitive deep breathing sensor providing real-time feedback; makes music play in sync with your breathing; works best with prior slow abdominal breathing training	Requires iOS 7.0 or later, i-phone, i-pad, i-pod touch
Breathing Zone	Free for Android 3.99foriOS	4 and older	Provides a guided breathing exercise; works best with prior slow abdominal breathing training	Requires iOS 4.1 or later, i-phone, i-pad, i-pod touch, Android
Autogenic Training and Progressive Muscle Relaxation	2.99	13-18	5 soothing relaxation exercises; Progressive muscle relaxation is the process of tensing and relaxing specific groups of muscles; 11 minutes	Requires iOS 5.0 or later, i-phone, i-pad, i-pod
Cleveland Clinic- Stress Meditations	Free	13-18	Stress reduction meditation	Requires iOS 6.0 or later; i-phone, i-Pad, i-Pod
Healing Buddies Comfort Kit	Free	8-12	An interactive, virtual way for kids and teens to engage with the latest in integrative medicine techniques and activities to assist in the management of symptoms they may be experiencing.	Requires iOS 5.1 or later, i-phone, i-pad, i-pod touch
Calm	Free for basic 4.99/mth for premium	4 and older	Breathing and meditation for different lengths of time; calming music and nature sounds; bedtime stories for children and adults	Requires iOS 10, i-phone, i-pad, i-pod, Android
Take a Chill - Stressed Teens	\$1.99	14-18+	Provides 2 audio tracks, 5 daily activities and a stress assessment	Requires iOS 4.0 or later, i-phone, i-pad, i-pod
iSleep Easy-Meditations for Restful Sleep	Free for basic \$4.99 Premium	12-18+	A variety of guided meditations to help you fall asleep; has been found to be useful for children who have a hard time quieting their minds	Requires iOS 7.0 or later, i-phone, i-pad, i-pod, Android
Headspace	Free for select content	8-18	Good for guided meditation and sleep; sleepcasts – 45 minute long audio experiences like bedtime stories	Requires iOS 5.0 or later, i-phone, i-pad, i-pod, Android
Super Stretch Yoga	Free	Best for Pre-K	Helps children to learn physical balance and provides muscle stretching exercises	Requires iOS 3.2 or later, i-phone, i-pad, Android

This list has been put together courtesy of the Children’s Mercy Kansas City Biofeedback Program staff. While it is not an exhaustive list, these are considered to be some of the most easy-to-use and affordable options currently available for home practice. Please discuss with your biofeedback provider or contact the Abdominal Pain Program at 816- 983-6975 with any questions. Updated 3/2020 kg

