



Bluebee Pals: Therapeutic Tools for Children Dealing with Grief “Loss doesn’t have to limit their dreams” - Valerie’s House website.

- Bluebee Pals helps implement and provide accessibility to healing from grief by strengthening healthy bonds and rebuilding lives so children can persevere and thrive in all aspects of life.
- Bluebee Pals helps with emotional self-regulation, self-soothing and de-escalation.
- Bluebee Pals provides a therapeutic safe place for grieving children to process their thoughts and feelings.
- Bluebee Pals helps develop self-confidence to rebuild after losing a loved one.
- Bluebee Pals enhances communication with parents, guardians, siblings, and teachers.
- Bluebee Pals assists at various stages of grief.
- Bluebee Pals provides the comfort of a cuddly stuffed animal that interacts with the grieving child.
- Interactive therapeutic play as a valuable tool in therapy
- Positive reinforcement for dysregulated and challenging behaviors
- CBT (Cognitive Behavioral Therapy) and Emotional Regulation apps
- Story Time & Music Apps



RECOMMEND APPS WITH BLUEBEE PALS

1. Calm Kids

Calm Kids is a mindful meditation app for children. The app teaches meditations and other proven techniques such as yoga, breath awareness, and body scans. These tools help users lower, fall asleep, and cope with emotions. The Calm Kids app is 4+ in the App Store. The basic version of Calm Kids is free.

2. The Zones of Regulation

The Zones of Regulation App is designed for everyone, from elementary school-aged children to adults. It helps individuals develop skills in regulating behavior, managing emotions, increasing self-control, and enhancing problem-solving abilities. This fun and engaging app includes rewards and mini-games to stimulate children while promoting self-reflection and self-regulation. The app is priced at \$5.99.

3. Sleep Meditations for Kids

Sleep Meditations for Kids is a self-explanatory app. Sleep is critical to self-care, but children and adults often don't get enough. The app has several meditations explicitly designed to help kids stay calm, reduce anxiety and stress, and get to sleep. One meditation is free, and users can access other guided meditations through in-app purchases.

4. Positive Penguins

Positive Penguins is an app that walks children through emotional challenges and helps them understand why they feel the way they do. By helping children understand feelings without judgment, the app aids emotion regulation and helps them cope with their feelings. The app also offers a 5-minute meditation so kids can learn to sit, relax, and let go of their thoughts. While the age rating is 4+ in the App Store, Positive Penguins is designed for children ages 9-11.

5. Breathe, Think, Do with Sesame

Breathe, Think, Do with Sesame is an app designed for children ages 2-5 and their caregivers to use together. This resource assists parents in teaching their kids skills to handle everyday challenges, such as self-control, task persistence, problem-solving, and planning. Children learn to take deep belly breaths with their monster friends in the app, acquire emotion-related vocabulary, and receive words of encouragement. Breathe, Think, Do with Sesame is a fantastic tool for parents of younger children who want to set their kids up for success and provide them with resources that promote positive mental health from an early age. The app is available in both English and Spanish and is free to use.

6. Smiling Mind

Smiling Mind is a free meditation app for all ages, created by educators and psychologists. It offers tailored programs for children (3-12), teenagers (13-18), and adults (19+), addressing stress management, sleep improvement, and more. With a dark mode and meditation sessions lasting just a few minutes, it keeps children engaged. Smiling Mind remains a free resource.

7. MindShift® CBT

MindShift App is a mental health app for adolescents ages 12 or older. With the MindShift app, young adults learn skills derived from cognitive behavioral therapy (CBT), a common form of treatment used to address negative thoughts and mental health concerns such as anxiety and depression. It includes daily check-ins, goal-setting tools, meditations, tips, and active steps to help young people overcome mental health struggles. Users can even share data from the app with mental health professionals, such as their therapist. Mindshift is a free app that is available on Apple devices.

8. Apps for Self-Regulation

- Daniel Tiger's Grr-ific Feelings by PBS KIDS
- Zen Studios by Edoki Academy

THERAPIST: Victoria Jiencke is a licensed mental health counselor who utilizes her extensive experience in counseling psychology and mental health services. With a strong foundation in family therapy, Victoria is well-prepared to address her clients' needs. Furthermore, her valuable experience with children and diverse populations enhances her capacity to provide effective support and guidance.

