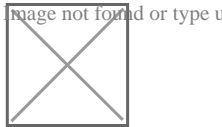


Apps for Grieving Kids

Apps can be a great resource and an accessible way to build community and understanding while grieving. These four apps may be helpful for grieving kids to understand their own grief and/or work with adults to express their feelings. These may also focus on supporting grieving kids in military families and those who are facing a loved one's illness. These apps are a great way to facilitate a mindfulness practice as well.



1. Apart of Me

“Apart of Me - A beautiful world, built to guide you through your darkest moments... This game is designed to help you cope with the death of a loved one... Welcome, to your island... A magical, peaceful world populated by friendly creatures and a wise guide... Help Foshan and his friends find peace by catching fireflies, discovering stories of loss and love in the cave, learning to be kind to yourself by the rockpool, and completing real-world quests.”

A story/journey game for adolescents 12+ (unless done with the help of an adult for reading and comprehension) This app features options for a story with grief or illness of a loved one.

- Find it on the Apple app store [here](#)

2. Smiles and Tears

“Smiles & Tears has been developed by Nelson’s Journey, a charity based in Norfolk, UK. They support children and young people aged 0 – 17yrs inclusive who have experienced the death of a significant person in their life. Their award winning Youth Panel identified a need for a Smartphone app which would help support children and young people in their grief. It provides an interactive tool to record memories, send gifts and write thoughts, feelings and emotions. As well as these interactive tools, Nelson’s Journey have also provided tips on how to manage emotions such as anger, confusion, guilt, loneliness etc. which are all common when someone has been bereaved of a special person... The app was funded by BBC Children in Need and with significant support from Selesti a Norfolk based digital company, Smiles & Tears has been developed to support all children and young people who have experienced the death of a significant person in their life.”

- Find it on the Apple app store [here](#)

3. Sesame (Street) for Military Families

“This is an app for the loved ones of those who serve, which will help teach your child life skills. *** 2016 Parents' Choice Silver Award winner *** Developed for parents and caregivers: The Sesame Street for Military Families app puts all of Sesame’s bilingual (English & Spanish) resources for military families right in your

pocket! Use your mobile device to access engaging videos, articles, storybooks, parent guides, and more to help you support your preschool and school-aged children as they encounter transitions common to military families.” While this app is for many topics that military families might deal with, one category is specifically for helping deal with grief.

- Find it on the Apple app store [here](#)
- Learn more from Sesame Street about how to help children dealing with grief [here](#)

4. Breathe, Think, Do with Sesame (Street)

“This is a resource app for you to share with your child to help teach skills such as problem solving, self-control, planning, and task persistence... Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges. This bilingual (English and Spanish), research-based app helps your child learn Sesame’s “Breathe, Think, Do” strategy for problem-solving. Tap and touch to help the monster friend take deep breaths, think of plans, and try them out! Your child will enjoy silly animations and playful interactions as she is exposed to important emotional vocabulary, a calm breathing technique, personalized encouragements, and more!”

- Find it on the Apple app store [here](#)
- Find it on the Google Play store [here](#)