



TABLE 1 APPS FOR ANDROID

Area	App Name	Early Childhood	Elementary School	Middle School	High School	Adulthood
<i>Life Skills</i>	Happy Habits: Choose Happiness (Free)				X	X
	Depression CBT Self-Help Guide (Free)				X	X
	Stop Panic & Anxiety (Free)			X	X	X
	Cognitive Styles CBT Test (Free)				X	X
	Cognitive Diary CBT Help (Free)				X	X
<i>Self-Regulation/Relaxation</i>	Worry Box- Anxiety Self Help (Free)				X	X
	Self Esteem Blackboard (Free)			X	X	X
	Jealousy Test & CBT Self Help (Free)					
	SportPsych Performance Coach (Free)					
	Breathe 2 Relax (free)	X	X	X	X	X
<i>Visual Timers</i>	Qi Gong Meditation Relaxation (Free)	X	X	X	X	X
	Zones of Regulation (4.99)		X	X	X	
	T2 Mood Tracker (Free)				X	X
	Countdown Timer (Free)					
	Timer for Kindle (1.00)					

	Sand Timer (Free)					
<i>Toilet Training</i>	Avakid: See me go potty (.99)	X	X			
<i>Metacognition</i>	3D Brain (Free)					