



The Apps below have been selected because they support children's Personal, Social, Health and Economic (PSHE) Education. Click on the icon for each App, to be taken to the relevant page of the Educational App Store, which aims to support the digital wellbeing of children.



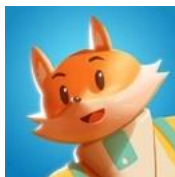
1. DiaryZapp for Schools

The application DiaryZapp for Schools is a digital creative daily diary that helps develop positive wellbeing and mental health habits in children. This application is suitable for primary schools including ages 5 to 11. The application is aligned with the Mental Wellbeing PSHE learning objectives for PSHE Key Stage 1 and 2.



2. Tame Your Thought Monster

Tame your thought monster app is an application that is designed to supply children or adults with the tools to deal with fear, anxiety, or other concerns by using mindfulness tools and positive self-talk. The app is also designed to promote better behaviour, how to be more kind and to feel better. The application is free from in-app purchases and adverts and suitable for 4 years and over.



3. Finn Goes Online

Finn Goes Online — Cybersecurity for Children teaches about online safety, including password security, cyberbullying, and staying safe online. It is aimed at kids aged Seven and above. Finn Goes Online is available for a single purchase price on both Android and iOS devices.



4. Positive Penguins

Positive Penguins is a resilience building app to support children express their feelings. This app supports thinking and to challenge negative thinking in a fun interactive way. The app is a simple, interactive, educational tool to help children understand their emotions and to experience them in a positive way. It also provides children with practical ways to understand and cope with these emotions and, most importantly, change the way they think.



5. Rainbow Smart

RainbowSmart is an app aimed at young children to help them to develop their emotional intelligence and emotional literacy skills. Aimed at children around the 3-7 year old range, the app has a range of cartoons, stories and videos that focus on areas such as problem-solving, routines like bedtimes, mindfulness and developing resilience. Users must set up an account and are given 1 week free trial of the app, after this the cost of the app is £0.99 and this gives full access for 1 week.