PAIN MANAGEMENT AND RELAXATION APPS



This is a general list of apps for relaxation and distraction. This list is not a substitute for professional medical advice, diagnosis, or treatment. Talk with your doctor about any questions you may have regarding a medical condition. If you think your child may have a medical emergency, call the doctor or 911 immediately.

Please see the back side of flier for additional details regarding featured apps.

Family Resource Center • 314.454.2350 • frc@bjc.org



TITLE	DESCRIPTION	COST	AVAILABLE
Color Zen by Large Animal Games	Color Zen is a new kind of puzzle game. One that invites you to relax and find your way through an abstract world of colors and shapes. Color Zen Kids available for \$ 2.99	FREE Various in-app purchases	Both Apple and Android
Healing Buddies Comfort Kit™ by DesignWise Medical	Provides 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.	FREE	Apple only
Cupcakes! Kids by Maverick Software LLC	Kid-friendly version of the ORIGINAL Cupcakes! app- with no in-app purchases & no ads. Easy-Bake Treats! by Hasbro, Inc. is also available for FREE from Apple	\$0.99	Apple only
Koi Pond HD Lite by The Blimp Pilots	The most realistic water simulation and fish behavior. The most beautiful graphics and soothing sounds.	FREE \$0.99 for ad-free version	Apple only
Go Bubbles Lite by Super Kiddo Studio	How about just simply creating, popping or watching animated colorful bubbles floating all over your screen?	FREE \$0.99 for full version	Apple only
Chalk Draw for Kids by Teknos Interactive LLC	Features Included: 8 colors to choose from, 7 chalk width settings, Eraser tool, No In-app purchases or ads	FREE	Apple only
Heat Pad by Padadaz	Enjoy a realistic simulation of various heat-sensitive surfaces reacting to the heat of your fingertips. Tesla Toy is available for \$1.99 from Apple.	FREE \$0.99 for extra pack	Apple only
Take a Break! Guided Meditations for Stress Relief	You can enjoy the deep relaxation, stress relief and benefits of meditation now with this app by Meditation Oasis™.	FREE	Both Apple and Android
Sleep Pillow Sounds lite by Clear Sky Apps LTD	Sleep Pillow provides an advanced set of high quality ambient sounds, premixed for perfect sleep enhancement or relaxation.	FREE	Apple only
MyReef 3D Aquarium 2 Lite by bitbrothers Inc.	Interact with the fish, or just sit back and enjoy life on a beautiful reef. Aquarium HD is available for FREE from Apple.	FREE \$2.99 for ad-free version with extras	Apple only