



- Link to [iTunes: Free](#)
- Link to [Android: Free](#)

There are many mindfulness apps for kids about practicing meditation, but if you're looking for one that does that, while also focusing on relaxation and sleep, don't look any further than Calm. Their "Sleep Stories" function tells tales to help users fall asleep easier. There's also a special section for "Calm Kids," but parents may like this app so much they'll want to use it as well.