Social/Emotional/Behavioral Apps for Students

ClassDojo

With ClassDojo, you award students points for positive classroom behaviors (like participating or cleaning up) and subtract points for negative behaviors (like being disrespectful or off task).

Students have customizable monster avatars that display a running points total, and you can also view class points to create some friendly competition.

ClassDojo is also excellent for parent communication. Parents can view their child's points in real time, and automatically generated behavior reports are sent to parents weekly.

SuperBetter is a free mobile app that turns everyday actions into video game objectives. It encourages its players to set reasonable goals for themselves (stop smoking, be more active, overcome anxiety, etc.) and also to maintain a healthy lifestyle.

Players can use "power-ups" (healthy actions like drinking water, taking a walk, or reaching out to a friend), do
"quests," and battle "bad guys" (representing bad habits and emotional challenges) to achieve their goals. The app is self-regulated, self-paced, and accepts customization to fit your goals.
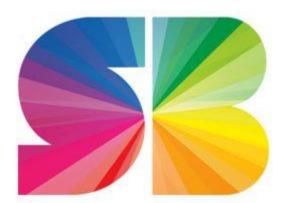
Teachers can suggest that their students use this app to help them plan homework, study, practice for an oral presentation to overcome anxiety, have healthy sleeping habits, maintain a positive attitude in class, or any other areas where they're struggling or would like to develop better skills.

Social emotional learning (SEL) is a facet of learning that is difficult to assess and evaluate in students. Teachers must analyze student behavior and convert their observations into ratings and values on charts, which is complicated to say the least. It is also an ambitious task to try and reach children who have a social learning challenge in the hopes of helping them develop these crucial skills.

Luckily, these difficulties have caught the attention of some very innovative people, who have created digital tools that help develop and assess SEL.

Here are five great social emotional learning apps that you can use with your students to help them develop SEL skills:

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Middle School Confidential

Middle School Confidential is a collection of digitally rendered graphic novels designed for children aged 8-14. It aims to help tweens and teenagers tackle their lack of self-confidence with an easy-to-navigate story.

The app explores many situations that are difficult for teens, especially in a school context, where self-confidence (or lack thereof) plays an important role in the outcome of social experiences. Bullying, positive self-image and social interactions, friendship, and critical thinking are all subjects that are explored and discussed in Middle School Confidential.

This is a good app for teachers who want to help their students develop good social skills and promote healthy classroom culture by using an interesting and interactive story.

The Social Express

The Social Express is an educational curriculum designed to teach children and teenagers how to perceive emotions and handle social situations. It uses interactive animated videos that put its protagonists in many different scenarios, and the player is prompted to evaluate the emotions of the scene and decide what action the characters should do.

The characters are presented in social encounters inside and outside of school, where identifying and understanding their companions' emotions and state of mind is beneficial to the resolution. In doing so, players are encouraged to adopt positive social behaviors and develop their social emotional intelligence.

This is a useful tool for teachers who are looking for a visual aid for teaching students about positive social interactions or for teachers who want to help special needs students develop emotional intelligence.

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Smiling Mind

Smiling Mind is an Aussie-designed mobile app that aims to teach "mindfulness" to people of all ages through sessions of guided meditation of varying length. It contains a vast repertoire of programs aimed at different age groups (from ages 6-12, to teenagers, young adults, etc.) and different activities (school, daily commute, sport, relaxation, and more).

The app is easy to navigate, and you can begin a new program at any time. You can use the app for a minute, two, or 10 anytime during your day to have a break and refocus.

This app can be helpful for students who have difficulty concentrating in class, who experience outbursts of frustration and anger, or who just need a short boost of calming energy during the day. Teachers can also use the school programs to initiate their entire class to relaxation and guided meditation.

[Classcraft](#) is a classroom management tool that uses gamification to boost [student engagement](#). One of its stronger aspects is its effect on class culture and student behavior: It encourages cooperation, communication, and [other social emotional skills](#) by rewarding these behaviors through its game aspects.

The program truly connects with children because it is built around an environment they know and are passionate about: video games. Unlike the other apps in this list, Classcraft is a much more in-depth management tool that also gamifies every aspect of the classroom to make it more engaging and fun — from quizzes and grades to exam review and teamwork.

This system is great for teachers who want to use gaming principles to develop collaboration, accountability, positive social interactions, and a healthy culture in their classroom.

[Breathe, Think, Do](#) (Sesame Street) teaches children to keep calm and carry on by introducing three possible strategies for working through problems. It touches on familiar emotional challenges such as problem solving, self-control, planning, and time on task. Intended for very young children, this simple app gives players different scenarios in which the Blue Monster character needs to regulate his or her emotions using the breathe-think-do technique.

[Avokiddo Emotions](#) provides opportunities for younger children to explore a wide range of feelings through several silly characters and a plethora of props. This app incorporates activities to help children understand the subtle cause and effect of facial expressions. The main idea is exposing young children to a variety of feelings and helping them grasp emotional connections with those feelings.

[Stop, Breathe & Think](#) (Tools for Peace) promotes mindfulness, meditation, and compassion for middle and high school students and adults. Research has shown that people can develop kindness and compassion by focusing on them through mindfulness and meditation practices. You can cultivate your frame of mind in a very short timespan with simple meditation.