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Active Apps For Children

Incorporate physical activity into screen time with active apps that get children moving or brings their screen time outdoors.



SworKit Kids – Fitness Meets Fun

Fun, customizable workout app to get you moving, jumping and bending.
Availability: iOS & Android



NFL Play 60

A reality game where you need to move, jump, turn and dance to play.
Availability: iOS & Android



Pokémon Go

A reality game where you need to walk or run to play.
Availability: iOS & Android



Geocaching

A real-world treasure hunt. Requires adult supervision.
Availability: iOS & Android



GoNoodle Kids

Interactive videos about energy, focus, and being positive with mindfulness.
Availability: iOS



Just Dance Now

Dance to over 300 songs using a smartphone or an internet-connected screen
Availability: iOS & Android



Super Stretch Yoga

An easy to follow guide to 12 yoga poses.
Availability: iOS



Kids Yoga

An easy to follow guide to 10 yoga poses.
Availability: Android

