

Shoorah *kids*

Empowering the next generation of wellbeing!

At Shoorah, we believe that wellbeing is not just for adults - it's crucial for kids too. In today's fast-paced world, children are facing pressures from multiple directions, from school to social media, that can affect their mental health and overall wellbeing.

ShoorahKids is a specialised solution designed to help young people manage their emotions, build resilience, and foster positive habits for their mental and physical health, all through an engaging, fun, and age-appropriate platform.

The growing need...

In the UK, mental health issues among children are a growing concern. According to NHS Digital, in 2023, approximately **20.3% of children aged 8 to 16 years** had a **probable mental disorder**, highlighting the need for **accessible and effective mental health support** for young people.

The challenges our children face.

Children today are dealing with increasing levels of stress, anxiety, and emotional challenges. Studies show that mental health issues are on the rise in children, particularly due to the pressures of school, social expectations, and digital overload. The lack of early intervention or accessible support often leads to long-term struggles with mental health, low self-esteem, and academic performance.







Additionally, there is a gap in tools that address the specific needs of children - their learning styles, their emotional growth, and their understanding of mental health. Parents and educators are often unsure how to support children in navigating these challenges in a meaningful way.



The solution?

Shoorah Kids: A comprehensive wellbeing platform

Shoorah Kids offers a complete, clinically-informed approach to mental health and wellbeing tailored to young people. Our platform features:

 <h4>My feelings journal</h4> <p>A space for children to reflect on their emotions, track their feelings, and explore activities to help manage them.</p>	 <h4>Daily prompts</h4> <p>Simple prompts throughout the day to help children identify and process their emotions, building self-awareness and emotional intelligence.</p>	 <h4>Emotion learning</h4> <p>Children explore various emotions (like happiness, sadness, anger) and discover helpful activities and affirmations for each feeling.</p>	 <h4>In-app games</h4> <p>Engaging, educational games that teach children emotional regulation, problem-solving, and resilience in an enjoyable, interactive way.</p>
 <h4>Mindfulness content</h4> <p>Children can listen to calming audio and follow guided breathwork exercises to reduce stress, improve focus, and regulate their emotions.</p>	 <h4>Sleep support</h4> <p>Children can listen to sleep stories and soothing sounds, read aloud by a parent or AI, to help them relax and drift off to sleep peacefully.</p>		

By making mental health support accessible, fun, and informative, Shoorah Kids helps children build a solid foundation for emotional resilience, setting them up for a healthier, happier future.

The impact of Shoorah on children.

Shoorah Kids is designed to make a lasting impact on children's emotional wellbeing, teaching them essential skills for managing their emotions, building resilience, and fostering mindfulness.

What will ShoorahKids impact?

Emotional awareness

Children will learn to recognise and understand their emotions, helping them identify feelings in real-time and respond effectively.

Self-regulation

Through daily check-ins, mood tracking, and mindfulness activities, children will develop healthier ways to manage stress, anxiety, and other emotions.

Mindfulness & focus

Shoorah Kids encourages children to practice mindfulness, which improves concentration, reduces stress, and enhances emotional regulation.

Positive thinking

With features like affirmations and emotional tracking, Shoorah Kids helps children internalise a positive mindset, reinforcing their self-worth and confidence.

Long-term habits

By integrating these practices early, children will build long-term habits that support mental health and emotional resilience throughout their lives.

Emotional expression

Shoorah Kids encourages children to express their feelings through journaling, activities, and creative tools, helping them communicate emotions confidently.

Subscription details.

Get Started with Shoorah Kids!

Shoorah Kids is here to support your child's emotional wellbeing, but to get started, parents need to subscribe to Shoorah Premium. Once subscribed, parents can seamlessly add their children to the platform at **no extra cost**.

For parents...

- **Shoorah premium subscription:** Parents must have Shoorah Premium to access Shoorah Kids for their children. This ensures that both the parent and child benefit from the full Shoorah experience, including emotional support tools, mindfulness, and more.
- **No additional cost:** Adding children to a parent's Shoorah Premium account is free.
- **Easy setup:** Once subscribed, parents can easily manage their child's profile and track their emotional growth through the app.

For schools...

Schools can integrate Shoorah Kids into their curriculum for primary school-aged children. For high school students, the adult version of Shoorah will be used to support their emotional wellbeing alongside academic goals.

- **Custom school plans:** Pricing is based on the number of students, ensuring each school gets a tailored plan to fit its needs.



Thank you for exploring ShoorahKids!

We're excited to help your child's emotional wellbeing journey. Start today by downloading Shoorah!

Download Shoorah today

Shoorah is available on both the App Store and Google Play.

Contact us

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