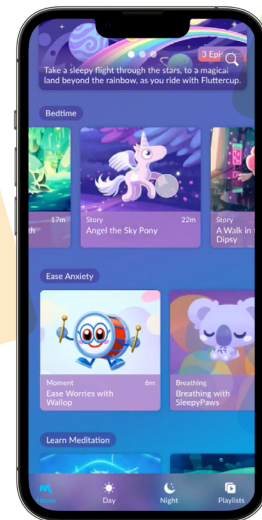# Your New Parenting Superpower!

Moshi is an app for kids that you can use at home in so many ways.

Through entertaining stories and characters, Moshi teaches kids to recognize and manage their emotions, and helps you support them throughout the day with routines and transitions and in learning self-regulation.

In addition to Moshi daytime content, you'll find calming Moshi Stories that help kids fall asleep and stay asleep.

Free Resources!

Below is a list of all the Moshi content available on the **FREE** app, which you can download from the Apple Store or Google Play. Try out all of these tracks, to support your child on a journey of emotional well-being, mindful days, and restful nights.

Kid-safe - no ads

Content for ages 0-10

100+ characters

Natural Sounds / Color Noise

Flumpys White Noise Machine
Gombala Rain Showers
Moshi Pink Noise

Sleep Journey

Night Swimming with Yawnsy

Daily Diaries

Beyond The Stars
Buster Blasts Off
Finding Jeepers
Arise, King Brian

Moments (Short Meditations)

Calming SeaStar Breathing
Inner Peace With Pablo

Morning Moments

Rise And Shine With Chirpy

Music

Lofi Squiggles Soothing Study Beats
Sweet Moshi Jazz
Whirly Tube Stress Release Trance

Sleep Meditation

Ultimate Moshi Rainfall Sleep Meditation

Stories

Blurp Goes Back to School
Nodkins Goes Dream-Hopping
Tick Tock Ten Minute Bedtime

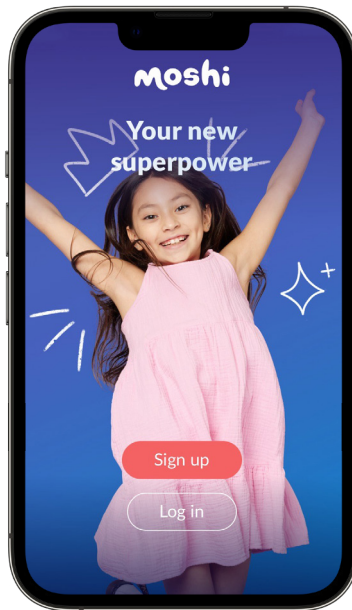Download on the App Store

GET IT ON Google Play

moshi

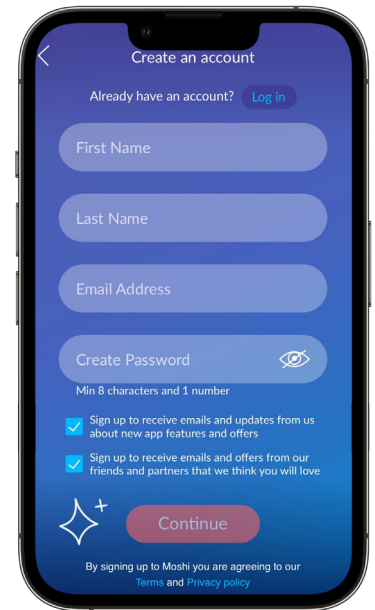# How to subscribe for free!

Four simple steps to subscribe!

You can use the app without a subscription and play our free content, but you will need an account. You will be asked to sign up immediately after launching the app.

Creating an account should take less than 5 minutes. Simply enter your name, email address and password.
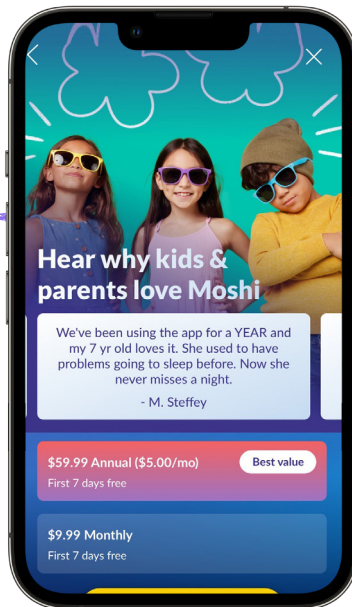
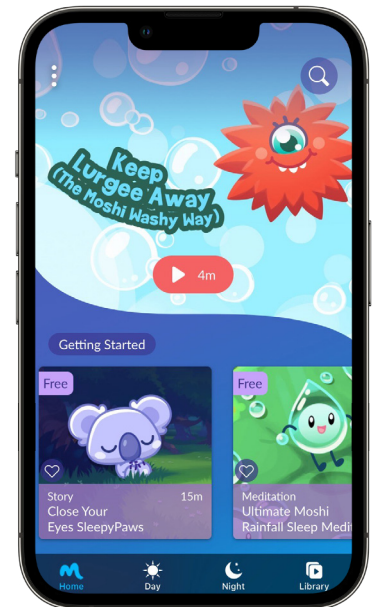Download the **FREE** app from the Apple Store or Google Play

1 Launch the app and tap **'Sign up'**.

2 Create an account

3 Tap the **X** at the top right

4 Enjoy your **FREE** Moshi content

moshi