

Children's wellbeing platform 'Super Chill' launches in the UK

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The children's wellbeing platform [Super Chill](#) has officially launched in the UK, offering children and young people a simple, positive way to manage their feelings and take a moment just for themselves.

Already a great success in the Netherlands and other European markets, where it has been embraced by more than 200,000 families and schools, the platform is now available for use by young people, parents and carers in the UK.

Super Chill is designed to help children between the age of six and 12 understand their emotions, calm their bodies and build everyday resilience through short, playful activities rooted in mindfulness, movement and relaxation.

At a time when conversations around children and screen time are louder than ever, Super Chill offers a different perspective. It is not just about how much time children spend on screens, but what that time is used for.

Super Chill is a non-profit initiative dedicated to building a mentally resilient generation. The app encourages the use of technology for good, helping children pause, reset and check in with how they are feeling. Its focus is on showing children the importance of taking time for their own mental wellbeing, from an early age.

Key features of the app include:

- **Emotion check in** - allowing children from six upwards to choose how they are feeling and to get personalised activities.
- **Playful sessions** - short, friendly exercises that promote calm
- **Parent and carer involvement** - designed so that parents and carers can share the experience and support their children's wellbeing in a holistic, calm way, along with being able to share calm moments and do the exercises together.
- **Free to use** - the app is completely free to download and use, is ad-free and all data is secure.

The UK launch also comes at a key moment. For many children, Christmas marked the first time they received their own device, whether a phone or tablet. Super Chill aims to be one of the first apps families feel confident introducing, offering a calm, safe space that supports emotional wellbeing rather than adding to noise or pressure.

Geert Pelsma, Managing Director of Super Chill, said: "*Children and young people today are growing up in a very busy, overloaded world. Many are not taught how to understand or manage their feelings.*"

"We created Super Chill to give children simple tools they can use anytime, to calm down, reset, or simply take a moment for themselves. We have seen how positively children and families across Europe have responded. We are really excited to bring that support to children across the UK."

Using Super Chill, children can choose how they are feeling and be guided through short, age-appropriate (6-12 years old) exercises that help them slow down, breathe, move or refocus. The activities are designed to fit easily into everyday life, whether that is after school, before bed, or during a moment of overwhelm.

Super Chill is free to download on Apple and Google store, advert-free and designed for children aged six and above, with content that can be explored independently or together with parents and carers.

As children across the UK face increasing pressures, from school stress to other every-day challenges, Super Chill offers them a simple but powerful message - that it is okay to pause, and to take time just for you. That life doesn't have to be about constant noise and that moments of calm and mindfulness can make a real difference.

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