

Robin Slinkard, Emilee Hammett

Thursday, March 11, 2021

Calm

Calm is created and copyrighted by calm.com, Inc. calm is an app that can be used by adults, but the content is also suitable for children. The target audience is anyone that is looking for an app that will help create a calm and relaxing environment.

It does not necessarily enhance the curriculum in a class but can help in a classroom setting because it helps promote a quiet learning environment. It also could be used for transition time or a mental break in the classroom setting. This app had a 7-day free trial and then the subscription was \$69.99 a year. There is no lite version of this app and there are no in-app purchases.

When we first started the app and bought the subscription it was running very slowly, but after a few minutes it was just fine. The content in this app was appropriate for the user's needs, and it was easy to learn and navigate. Some of the cool things about this app are that you could change the backgrounds to match sound and simulate that you were somewhere like the beach or the mountains. Another thing is that you could create categories for different needs or playlists. This app has many different options therefore it can meet the needs of many different people. It also teaches a lot of life skills/self-care, but there is not much educational content.

This app is very relaxing and is designed to help promote a calm environment. It has several different features that include changing the background photo and a variety of different meditation videos.