Title: Calm

Version: 5.12.1

Publisher/ Producer / Creator: Calm.com

Target Audience: 4+, target is an older audience as colors and fonts are bland and the content is above elementary grade level.

Type of software: Simulation, this app allows for role playing and guided practice using real-life content.

Curriculum(s) (Possible environment(s) and why): Would not be very effective inside a lesson plan but could be used at the end of a class period. This app could be recommended to students to try at home or in class when appropriate. Would work well for 7th grade and above during make-up days or free days. Teachers could also have the sounds playing in the background as students work on homework.

Cost: Free for 7 days, $69.99/year

Description Paragraph: As soon as the app opens it asks viewers to take a deep breath and shows a moving image of water. It asks multiple questions about stress and anxiety, what follows the questions will vary by answers. It then asks the type of content the user wants to explore. Must try free or subscribe to continue. It asks how the app was heard about and then opens up the home page. Has sleep, meditation, mental fitness, and music headings. Each sound continues to play even after navigating to a different page/heading. Has a mood check in, users can pick how they are feeling during a particular time or day.

Impression and Usage Paragraph: This app is very fun to use since it uses calm colors and soft fonts that are appealing to the mind. It works like a check-in almost, to see how viewers are feeling mentally and physically. The app has lots of content to help with meditation, sleep, avoid stress, and calm anxiety. It is definitely for above age users, maybe 7th grade and above. Example: the app asks about stress and anxiety levels which 4 year olds may not know what those mean.