

Title: Calm

Version: 5.13

Publisher/ Producer/ Creator: Calm.com, Inc.

Target Audience: The target audience is for anyone whether you are in education or not. You might have a tougher time with the younger grades, but it can still be used.

Type(s): This app uses the software simulation more because it allows for students to meditate or calm themselves if they have anxiety. It allows them to take step back from school work and have a moment with themselves.

Curriculum(s): This app is not for a curriculum.

Cost: The costs \$69.99/year, but you can receive a 7-day trial for free. There are in-app purchases involved.

Description: So, if you do not buy a membership with the app then you cannot really use it. The first thing when you open the app is why you are using it. I would select reduce anxiety, reduce stress, and help with sleep but there are a few others that you can select. Once the app is officially open it will have a for you page. This is what the app recommends buy the options you selected from before. You can select the pages sleep, meditate, music, search, and scenes. This allows you to do more of a specific search for what you need each day. You can listen to just sounds, music, stories, or meditate along with them. You can also watch different scenes while listening to the sound it is making.

Impressions: I really like this app. Teachers can use this during class while students are doing work. I like how easy it was to use and how there is so much variety to choose from. I would use this in my own classes and have like 5 minutes of silence or meditation before we start taking notes or completing a worksheet. I wouldn't change a thing about the app except for maybe the cost of it. I think it is a little expensive, but it is for a whole year.

Does the software pass Review? Yes

Does the software pass Evaluation? Yes