**Title: Calm**

**Evaluators: Allyx and Hannah**

|  |  |  |  |
| --- | --- | --- | --- |
| **Questions** | **Yes** | **No** | **Comments/ Notes** |
| Have you played enough to know every aspect?   * Did you try things that were wrong and/or unexpected | X |  |  |
| Did the software crash? |  | X |  |
| Was the content appropriate? Did it meet the user’s needs? | X |  |  |
| Were the screens appealing?   * Color, items on screen, sounds …… | X |  |  |
| Is it easy to navigate? | X |  |  |
| Is it easy to learn? | X |  |  |
| Does the user need Supervision to use |  | X |  |
| If the App required a response, was it appropriate? (right or wrong) | X |  |  |
| Were there bells and whistles?   * If so, do they enhance instead of detract? * If not, should there be? | X |  | enhance |
| Did you like using the App? | X |  |  |
| What was the cost?   * Was there a “lite” version   + If so, was it enough | X |  | 7day free trial, $69.99 per year |
| Were there in-app purchases?   * If so, what were the additional costs? |  |  | Subscription or premium |
| How does it compare to other apps that do the same? |  |  | Less real world simulation, more for relaxation than learning any real world issues. |
| Additional Comments |  |  |  |

**Developmentally Appropriate**

|  |  |  |  |
| --- | --- | --- | --- |
| **Questions** | **Yes** | **No** | **Comments/ Notes** |
| Child Development and Learning   * Subject Matter appropriate? * Educational Focus? * Provides for Learning New Content? * Follows Appropriate Teaching Sequence? |  | X | Strictly mediation, stress relief |
| Individual   * Does it match an individual's abilities? * Does it meet an individual's needs? | X |  |  |
| Social/Cultural   * Bias? * Commercialism Comments |  | X |  |

**Title:**

* **Calm**

**Version:**

* **5.12.1**

**Publisher, producer, creator:**

* **Calm.com**

**Target Audience:**

* **4+but all ages can enjoy.**

**Type of software (With Justification):**

* **Simulation because this deals with topics relating to real world problems like mental health and stress.**

**Curriculum (How does it fit into the curriculum):**

* **allows for break in hard lessons/ tests for stress relief or self care.**

**Cost:**

* **Calm premium: $69.99**
* **Calm premium: $59.99**
* **Calm premium: $14.99**
* **Calm Subscription: $14.99**
* **Calm Subscription: $69.99**

**Paragraph Description of App:**

* **This app is for all ages and is also award winning. It is the #1 app for sleep, mediation, and relaxation. The app offers guided meditations, sleep stories, breathing exercises, stretching exercises, and relaxing music. There are sleep stories for both children and adults and various mindfulness topics throughout.**

**Paragraph of Impression of App/How to use app in future classroom:**

* **We really enjoyed using this app. We were limited to what we could do due to purchasing issues, however, we loved what we saw. This app is perfect for classroom use of all ages to help relieve stress during big test times or just stressful times in general. This app could also be used in classes that still take naps to help guide the children to sleep.**

**Does this pass review?**

**Yes**

**Does this pass Evaluation?**

**Yes**