Mandi Baker
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Evaluation Write-Up

App Title: Calm

Version: Version 5.13

Publisher/Producer/Creator: Calm.com

Target Audience: Ages 4+. Calm is a great app to be used with all ages to promote mindfulness and establish a calming environment no matter what age/grade.

Type(s) of Software: This app could be used for an array of different purposes surrounding a mindful attitude towards Tutorial (as the app teaches calming strategies) and Problem solving (this app teaches problem solving and self-awareness).

Curriculum(s): There is no curriculum associated with this App, however the use of the app could be embedded for mindfulness or calming breaks during the day.

Cost: There is a Free and Premium version. The premium version is $14.99/month and grants unlimited access to the Calm collection.

Software Evaluation: This is a wonderful app to integrate mindfulness into the classroom or just every day life. There have been no software crashes or glitches. There is a large enough selection on the free version to find something useful for each student.

Impressions: This app could be a great addition to any classroom. I could see starting the day using the app and taking "mindful breaks" throughout the day and use the app to refocus and breathe. I like the idea that there are so many different uses for the app, being that there is more than just calming music.

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Does the software pass **Review?** Yes

Does the software pass **Evaluation**? Yes