

## Evaluation Write-Up

App Title: Cosmic Kids

Version: 6.020.1

Publisher/Producer/Creator: Cosmic Kids (Developer)

Target Audience: 4+; Made for ages 3 to 11; Recommended for schools

Type(s) of Software:

This app could be tutorial (the introduction to yoga and yoga poses), drill and practice (the practice of yoga and mindfulness) and/or discovery learning (you get to decide what you want to learn).

Curriculum(s):

This would be great for SEL or PE curriculum. This app connects the mind and body which could be used for actual Physical Education class or just for daily mind/body connections.

Cost:

14 day free trial; \$10/month or \$65/year; There are a few videos that are always free.

Software Evaluation:

Cosmic Kids is very similar to YouTube in its app layout. There are an array of children's yoga videos in rows across the screen. Jamie, the instructor, uses a variety of backgrounds and themes, like Frozen, the jungle and Jack & the Beanstalk, and shows the children an assortment of yoga poses and sequences. Most videos are 10-20 minutes long but there are some that are 1-2 minutes as well as some that are 40-60 minutes. Jamie also offers teacher training for those that would like to instruct their own class.

This app would be great for the younger ages (3-6) and grades (K-2 max) but would probably be too childish for the older ages and grades. The YouTube-like layout makes it easy to navigate and the variety of backgrounds and themes would keep a child's interest. Jamie's enthusiasm and clear knowledge of the content is inviting and engaging.

Does the software pass Review? Yes

Does the software pass Evaluation? Yes