

# App Evaluation

**Title:** Calm

**Version:** 5.12.1

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

**Target Audience:** Anyone 4+

**Type(s) of Software:** Tutorial/Drill and Practice/Discovery Learning/Problem Solving-If the user does not know anything about meditation, then it could be a tutorial because it is new content for them. If the user already knows all the information in the podcast then it will be drill and practice. It can be considered discovery learning, because the user decides what to listen to. The app could also be considered problem solving because the user might have a problem (anger, sleep, stress) and they might be using the app in hopes of having their problem solved.

**Curriculum(s):** Like CosmickKids and GoNoodle, I don't see much of a way to incorporate Calm into instruction.

**Cost:** \$69.99 per year.

**Explaining the Software:** This is a meditation application designed to get it users to learn how to meditate. When you subscribe, it asks you questions about problems you might have, like do you have stress, do you want to be happier, and do you need help sleeping. It then recommends podcasts where someone will walk you through something related to the topic. There are also many other sections of podcasts you can listen to, sleep sounds, that can send you reminders to meditate, or listen to a certain podcast that might benefit your needs.

This software is very peaceful and its overall goal is to make the user a calmer, healthier, and mindful person. There are some podcasts that are not very appropriate for students however, so it might require supervision to use. It would be good if the school provides teachers with it though, we could use it after a long day.

**Impressions / Can I Use it in My Class?** If it was free, I would have every single one of my students use it as a bellringer honestly. They come in and listen to a 10 minutes podcast, that will get their mind right, before I begin instruction. This would calm kids down, and get them ready to learn hopefully. Sadly it is extremely expensive, but it is very useful. I wish there was an education version where a teacher can control what students can view and have them listen to them. I could somehow download the podcasts and then put them in Google Classroom. I would recommend it if it wasn't as expensive.

**Does the software pass Review?**

Yes

**Does the software pass Evaluation?**

Yes