

Calm

Version:

5.12.1

Publisher/Producer/Creator:

Michael Acton Smith

Target Audience:

Adults

Types of Software:

Calm is a discovery learning app because the user can pick what they want to use the app for such as meditation, listening to music, as a sleep aid, and many other options.

Curriculum:

We do not think Calm fits into a regular classroom curriculum because there really aren't any parts of the app, besides the calming music, that can be used in the classroom. The app is more for personal use. We could use spotify, apple music, or pandora which are much much cheaper and may offer the same thing calm does when it comes to music.

Impression:

Calm would be amazing for personal use and is rated the #1 app for meditation and sleep. However, it would not be good for classroom use.

Review/Evaluation:

A fantastic app, but not for classroom use.

Description:

Calm is an app used for meditation, sleep aid, reducing anxiety and stress, improving focus, and helping with self-improvement all around. Calm offers music, guided or unguided meditations, calming scenes, and much more.

Evaluators

Madison Barnett, Taylor Mosbey, Alexis Bryant

Questions	Yes	No	Comments/ Notes
Have you played enough to know every aspect?	yes		

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Did you try things that were wrong and/or unexpected			
Did the software crash?		no	
Was the content appropriate? Did it meet the user's needs?	yes		for what the app is made for it would be great. For children and in class use, not so much.
Were the screens appealing? Color, items on screen, sounds	yes		very calming
Is it easy to navigate?	yes		
Is it easy to learn?	yes		for adults
Does the user need Supervision to use	yes		a child would definitely
If the App required a response, was it appropriate? (right or wrong)			n/a
Were there bells and whistles? - If so, do they enhance instead of detract? - If not, should there be?	yes		lots of great aspects and things to do such as mood tracker, calming music, meditation, and calming scenes.
Did you like using the App?	yes		
What was the cost? - Was there a "lite" version - If so, was it enough	yes		\$69.99 per year or \$15 per month
Were there in-app purchases?	yes		

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If so, what were the additional costs?			
How does it compare to other apps that do the same?			in comparison to other similar apps, calm is really good. There are more things to do and more music options for the same annual price.
Additional Comments			For the classroom, we felt that the only thing the app would be useful for was the music. The cost didn't seem to be worth only using the app for music when you could just as easily use spotify or apple music for cheaper.

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?		no	Not for use in the classroom for learning; for personal use
Individual - Does it match individual's abilities? - Does it meet individual's needs?	yes		for the apps designed purpose, not for classroom use

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Social/Cultural • Bias? • Commercialism Comments		no	
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