

## Calm Place VR

Cost: Free of charge

Publisher: Mimerse AB, Inc.

Platform: Oculus Go or Oculus Quest, Oculus Rift headsets.

Description: Discover multiple different places of tranquility within adjustments in weather, time of day, and specific scene. This app helps provide users with the ability to find a place that makes them feel calm. This is particularly helpful for individuals that experience regular anxiety.

Features: The ability to choose a scene that provides users with a sense of feeling calm and tranquil. By choosing what kind of scene you wish to be a part of, it can help customize the best scene for each specific user.

Grade Levels: All

Subject Area: Health & Wellness

Assessments: No, this app does not record student performance.

Strengths: It is very easy to use; it has the ability to customize per user; there are several options to help users find their best calm place. It is also very clear in picture quality, detail oriented, and user focused. There is an option for meditation practices, too.

Weaknesses: This is not an app that will cure any kind of anxiety, but it is a great supplemental tool to use at home or in the classroom that has the potential to be helpful. The picture quality is mildly cartoon-like in comparison to being life-like, however the images are soft enough that you still feel relaxed.

Overall Impression: It is a great app to use as a backup tool, or it could be used as a student's primary method of managing their own emotions when they sense that their anxiety is at its peak. It has a very clear image, free to download, user-friendly, and has a variety of options that it is nearly impossible for users to not find their calm place.

Connection to UDL Guidelines:

Facilitate personal coping skills and strategies (9.2)