

## How bioresponsive games work

Players wear a heart rate monitor on one of their arms or legs while they play our games. When a player's heart rate rises above baseline levels, the game gets difficult to play. In order to play normally again the player has to bring his or her heart rate back to baseline levels. Children learn about their heart rate, mind-body connection, and specific tools for calming themselves while they play.




## The 3-month program


Children (ages 6-14) and families engage in a 12-week program which uses bio-responsive games and guided missions to teach emotional regulation strategies. As the program progresses children are increasingly challenged in the games and encouraged to translate newly acquired mind-body awareness and regulation strategies into real life. The program offers parent support in the form of 6 coaching calls with Masters level psychotherapists, parent resources, and a parent community forum.

## Developed and tested at Harvard Medical school and Boston Children's Hospital

Our studies show that after 12 weeks kids manage their emotions better and parents experience lower stress.

Reduce Outbursts	↓ 62%
Decrease Oppositional Behaviors	↓ 40%
Lower Parent Stress	↓ 19%

 Boston Children's Hospital  
Lead every child to well

 HARVARD  
MEDICAL SCHOOL

*"I actually saw him do a deep breath out of the game on his own too! He still got upset, but I saw that he tried to calm himself down by breathing."*

- Katharine, mom of 8 year-old boy

*"My son is doing real life translation and this is huge for us! Apparently it took controlling his heart rate through the games to go from resisting to incorporating new skills to regulate his emotions. I couldn't be happier our experience."*

- Katie, mom to 13-year old boy

(Kahn, J., Ducharme, P., Travers, B., & Gonzalez-Heydrich, J, 2009; Kahn et al., 2013; Kahn et al., 2012)

## What Providers can do

Providers we want to include you. Please feel free to contact Erina White, PhD, MPH, MSW, at [erina@neuromotion-labs.com](mailto:erina@neuromotion-labs.com), if you'd like to learn more about our program.