



# MIGHTIER™

*Developed at Boston Children's Hospital, our video game program makes building and practicing emotional regulation fun.*

Mightier was built specifically for kids 6-14 having a tough time with self-regulation and emotional control. Some Mightier players have a formal diagnosis (like ADHD or autism), but many don't.



**\$249** *\$19/month after the first 3 months*

## Your Kit Includes

- » Mighty Band heart rate monitor
- » Mightier App and game library
- » Parent and family counseling support
- » Tools, information & resources
- » *Full money back guarantee*

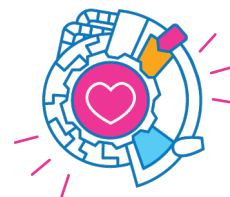
## Compatible Devices

iOS	Android
iOS v11.0 or later	Android 5.1 or later
iPhone 6 or later	2GB of RAM or more
iPad 4 or later	Bluetooth LE

## How Mightier Works

Kids wear a heart rate monitor as they play. Their heart rate controls the challenges in the game — as it goes up, the game gets harder. Mightier teaches kids skills to bring their heart rate down and stay cool to succeed in the games.

Over time, kids learn to use these calming skills to meet real-world challenges.



## Why Mightier Works



### Games to make practice fun.

We've got games for kids of all interests and skill levels to keep them engaged and learning.



### Online program to fit your lifestyle

Download the Mightier app to your iOS or Android device and practice 45 minutes per week when it works for your schedule.



### Counseling support you can trust.

Your Mightier coach is a professional clinician who will be a sounding board, a resource for tools and information, and an expert outside perspective.

## We'd love to hear from you.

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