

Mightier is a fun, proven way for kids to manage their emotions

Developed by clinicians at:



WHY MIGHTIER

Mightier is a proven program developed at **Boston Children's Hospital** and **Harvard Medical School** that empowers children **ages 6-12** to learn emotional control and supports caregivers to build emotional control. In 3 clinical trials, Mightier reduced symptoms of aggression and disruptive behavior with clinically significant gains for children with emotional regulation challenges arising from ASD, Anxiety, ODD, ADHD, and other common mental health diagnoses.

Mightier provides a fun and engaging way to practice coping skills in real-time and between therapy sessions to help better translate skills into real-world challenges.

WHAT'S INVOLVED

Mightier works to build better emotional regulation in children over time through practice and increasing challenges playing games.

Children wear a heart rate monitor while they play, which allows them to see their emotions and connect with them directly. As they play, kids react to their heart rate. As their heart rates go up, the Mightier game gets harder to play and they practice how to bring their heart rate down (practice cooling down/calming down or "taking a pause") in order to earn rewards in the games.



Over time and continuous practice, the cool downs ("pauses") will become automatic even when children face real-world challenges. We call these "Mightier Moments", the subtle "pause" or breath a child takes in social situations before getting upset so that their emotional reactions are more measured.

HOW TO USE MIGHTIER

Mightier is designed to work with all families wherever and whenever (at home or on the go).

When using Mightier it is important to establish a routine. Mightier works best when children play Mightier games 3 times a week for 20 minutes at a time for 10 - 12 weeks. Establishing a consistent “Mightier play time” routine for your child is important. A regular routine enables your child to practice with increasing challenges and ensures that they are internalizing the cool down (calming/coping skills) response to them.

Mightier is designed to work with your child over time and as they progress. Initially, your child will practice cool downs (taking a pause) by playing video games. As they develop their response skills, additional games and activities will provide new fun ways for your child to practice with tougher challenges, while also creating opportunities for you to observe their progress.

Over time and with practice, emotional regulation (management) will start to occur when your child breathes, pauses, or uses one of their practiced cool down (calming/coping) strategies without even thinking. Look for a subtle “pause” your child takes in real life before getting upset and that their emotional reactions are more measured.



MIGHTIER MEMBERSHIP PLANS

All Mightier Membership plans include:

The Mightier App which creates a world of fun games where your child can learn and practice visualizing and managing their emotions. Available in Apple, Google and Amazon App Stores.

The Mightier Child Heart Rate Monitor which brings emotions into the games so your child can see what they are feeling.

The Mightier Family Care Team which is staffed with experts with clinical backgrounds available to enhance and support your family’s Mightier journey. This includes live support 7 days a week.

Family Games and Activities which create fun, new ways for your child to practice their coping skills with increased challenges. Shipped to you directly throughout your membership at no additional cost.



Mightier Guarantee! Try risk-free for 90 days: Free return shipping & full refund.