



Developed by clinicians at:



**Boston Children's Hospital**  
Where the world comes for answers



**HARVARD**  
MEDICAL SCHOOL

## ABOUT MIGHTIER

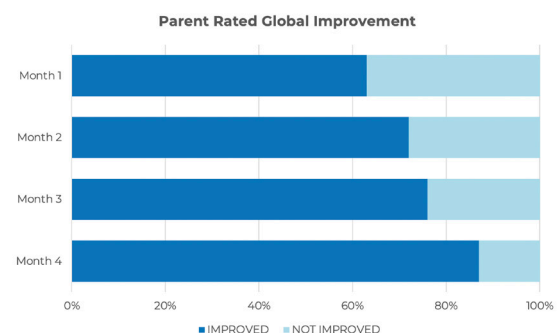
Mightier is a proven program developed at **Boston Children's Hospital** and **Harvard Medical School** that empowers children **ages 6-12** to learn emotional control and supports caregivers to build emotionally healthy homes. In 3 clinical trials, Mightier reduced symptoms of aggression and disruptive 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.

**After 12 weeks of using Mightier**

**87% of caregivers  
report improvement in  
their child's behavior**

*(Parent rated improvement survey collected  
between June 2018 and March 2020)*



## HOW MIGHTIER WORKS

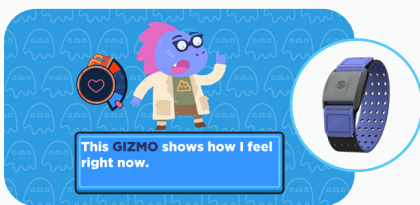
Mightier works to build better emotional regulation in children over time through practice and increasing challenges playing biofeedback games.



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.

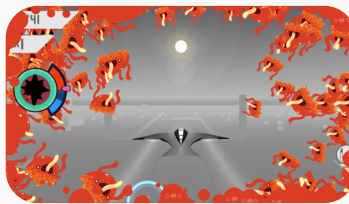
Over time and continuous practice, the cool downs (“pauses”) will become automatic even when children face real-world challenges. We call these “Mightier Moments”, the subtle “pause” or breath a child takes in social situations before getting upset so that their emotional reactions are more measured..

## The Mightier Biofeedback Algorithm



### Make Emotions Visual

Children wear a heart rate monitor while they play which brings their emotions to life in the App. For the first time, they can see what they are feeling.



### Face Challenges

As a child's heart rate gets higher (into the Red), the games get harder. This reinforces the connection between heart rate and emotions.



### Practice in the moment

In these challenging moments, Dr. Dragon teaches children coping skills (like taking a deep breath or pause) to help them get back to the Blue.

## USING MIGHTIER

We recommend that children play Mightier **3 times a week for 20 minutes at a time for 10 - 12 weeks**. Establishing a consistent “Mightier play time” routine for children is important. A regular routine enables children to practice with increasing challenges and ensures that they are internalizing the cool down (calming/coping skills) response to them.

Mightier can be a helpful way for children to practice coping skills in real-time and between therapy sessions to help better translate skills into real-world challenges.

Through discovery and practice, while playing the game, children build confidence and autonomous emotional regulation skills both inside Mightier games and in the real world. After about 3 months of consistent play, parents report positive progress towards their child's emotional and behavioral goals.

In order to achieve 3 days of play a week, we encourage clinicians to refer clients to use Mightier in the home. Parents and caregivers are supported by Mightier's Family Care Team or their clinician throughout play and their Mightier membership.