

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



MIGHTIER WAS DEVELOPED BY CLINICIANS FROM



**87% of families report improvement in their child's behavior after 3 months**



**Mightier helps children (ages 6 – 12) who struggle with their emotions.**

This includes kids who have a tough time with **tantrums, anger, aggression, irritability, feelings of frustration, anxiety**, or even a diagnosis like **ADHD, ODD, and Autism Spectrum Disorder**.

NOTE: We do have kids outside of the 6-12 age range who have greatly benefited from the program. With our 90 day guarantee, you can always try Mightier with your family and return the kit if you find that it isn't a good fit.

## Helping children become Mightier in their emotions

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



Mightier has created a fun environment where your child plays games to **practice cooling down/calming down** or “taking a pause”. Kids wear a **heart rate monitor** while they play, which allows them to see their emotions and connect with them directly.

As they play, your child reacts 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** (take a pause) in order to earn rewards in the games.



Over time and continuous practice (3 times a week, for 15 -20 minutes at a time, for 90 days), the cool downs will become automatic even when your child faces real world challenges.

We call these “Mightier Moments”. The subtle “pause” or breath your child takes in social situations before getting upset so that their emotional reactions are more measured.

**Get Started Today at: [www.mightier.com](http://www.mightier.com)**

Loved by Kids. Trusted by Parents. Developed by Clinicians.

“The biggest thing Andrew has learned is that it’s okay to feel upset and there are different ways to deal with it.”

-MIGHTIER PARENT

## All Mightier Memberships include:



**Mightier membership includes accounts for up to 6 family members.**

**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 tablet** which is an Android 9.0 tablet and provides your child with a dedicated device to play Mightier. You may also use your own device.

**The Mightier child heart rate monitor** which brings emotions into the games so your child can see what they are feeling.

- 2 heart rate monitor bands
- Wall charger
- Stress Heart

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.



**MIGHTIER GUARANTEE** Free return shipping & full refund for **90 days**.

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