

Introducing Mightier

Developed by clinicians at:



Boston Children's Hospital

Where the world comes for answers



HARVARD
MEDICAL SCHOOL

ABOUT MIGHTIER

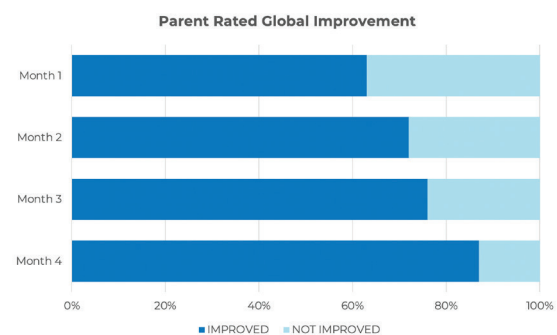
Mightier is a proven program developed at **Boston Children's Hospital** and **Harvard Medical School** that empowers children **ages 6-12** to learn emotional control and supports caregivers to build emotionally healthy homes. In three clinical trials, Mightier reduced symptoms of aggression and disruptive behavior in children with emotional regulation challenges arising from autism spectrum disorder, anxiety, oppositional defiant disorder, attention deficit hyperactivity disorder and other common mental health diagnoses.

Mightier provides a fun and engaging way for children to practice coping skills in real-time and between therapy sessions. Over time, children who play Mightier build better emotional regulation that helps them translate coping skills to real-world challenges.

After 12 weeks of using Mightier

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

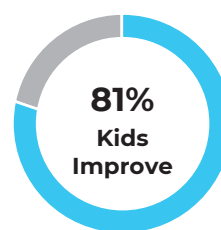
*(Parent rated improvement survey collected
between June 2018 and March 2020)*



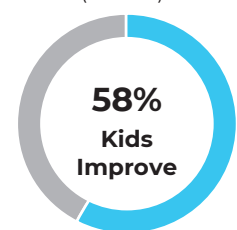
HOW MIGHTIER WORKS

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

MIGHTIER



Therapy (control)



Children wear a heart rate monitor while they play, which allows them to see their emotions and connect with them directly. As kids play, the game reacts to their heart rate. As their heart rate rises, the difficulty level increases, allowing kids to 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 Program



Make Emotions Visual

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



Face Challenges

As the 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 15-20 minutes at a time, for 90 days.

Establishing a consistent “Mightier Play 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.

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 three months of consistent play, parents report positive progress towards their child's emotional and behavioral goals.

Parents and caregivers are supported by Mightier's Family Care Team throughout play and their Mightier membership.