VŠÍMAVEC



Mindfulness app to promote mental health in children aged 6-12 years.

Všímavec is the first Czech app for schools and parents focused on mindfulness techniques for children aged 6-12. It offers a playful way of teaching through videos with the Observant Cat to help children focus better, recognise their emotions and manage stressful situations. With the app, parents and teachers can help children develop skills to improve overall mental health and create positive habits from an early age. The app offers a range of features, including exercises before, during and after lessons, whether in the home or school environment. With the Mindfulness Toolkit, children gain the tools they need to become calmer, more focused and more confident.

Unique selling points:

- Specific target group (children 6-12 years old) for the issue.
- A way of conveying the topic so that children relate to the app (character).
- Prevention, which is lacking in the Czech Republic.
- Exercises based on scientifically based knowledge in collaboration with psychologists.

Product

Web/mobile app

Technology readiness

Development

Proof of concept

▶ Prototype

First implementation

Extensive implementation

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