



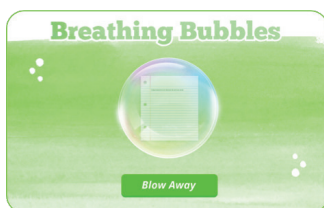
Social emotional health apps help improve the learning process

Social emotional health is critical to children's academic success. For that reason, we have teamed up with the Momentous Institute of Dallas* to design three innovative mobile apps that guide children through the process of emotional self-regulation. These apps will soon be available to students across the country. This program is a part of the Aspire initiative, which focuses on preparing students for college and career success.



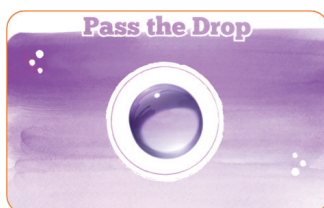
Settle Your Glitter

Sometimes students need help calming their strong emotions. This app guides students through a deep breathing exercise that allows them to regain control of their emotions and shift their focus back to learning.



Breathing Bubbles

Emotional well-being is critical to student learning. By using this app, students have an opportunity to reflect on their good feelings and release their worries, helping them to improve their mood.



Pass the Drop

A lack of concentration can make it difficult for students to learn. Designed to be used in a group or classroom setting, this app helps to focus students' attention on the work at hand.

**Momentous Institute is powered by the Salesmanship Club of Dallas and is the beneficiary of the AT&T Byron Nelson. The Momentous School, a program of the Institute, is a lab school serving Pre-K through 5th grade students in urban Dallas.*

