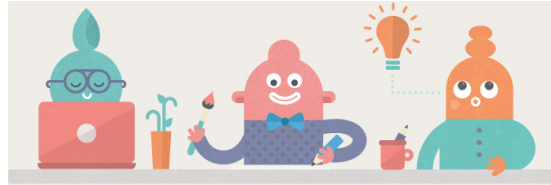


Technology Integration: Apps for All Ages



A CYFAR Project

Contact: Dr. Shannon Jarrott sjarrott@vt.edu or shannonjarrott@icloud.com



Headspace.com-Meditate Together!

Best Practices that can be utilized with this App:

- Decision Making
- Appropriate for all ages when children are involved
- Age appropriate depending on adult's role

Adult developmental skills that can be supported with this App:

- Fine motor skill from using the iPad
- Reading
- Social engagement, which may include reminiscence
- Generativity if adult helps the child

This is a fact sheet on Apps that use emerging best practices associated with intergenerational programs.

Intergenerational programs are those that connect younger and older generations to foster positive experiences. Research continues to grow noting that when successfully delivered, intergenerational programs result in positive health effects, child learning, and appropriate socialization for both young and old (Jarrott, 2011).

For more information, check out the Best Practices in Intergenerational Programming fact sheets, available at <http://www.intergenerational.clahs.vt.edu/trip/sample.html>

Child developmental and early education skills that can be supported with this App:

- Hand eye coordination
- Turn Taking

Facilitator Ideas

Intergenerational

1. One adult and several children can practice short, ten minute meditation routines that teach relaxation.
2. The routines can be lengthened depending on the interest of the participants.
 - a. An iPad can also be connected to an LCD projector to use as a group activity allowing different participants to take part.
3. Questions or conversations stemming from use of this app may inform subsequent activities (for example a follow up art project might be employed that focuses on drawing images that relax participants).

Single generation

1. Adults can work individually at on the mediation routines.
2. Children can also work individually or in pairs as a way of relaxing and calming a group down.
3. An entire class can participate using one iPad connected to an LCD projector.

Best Practices for Intergenerational Programming

1. Staff members of the adult and the child program collaborate to plan activities.
2. *Participants involved* in decision making about the activity and during activities.
3. Participants are *prepared* ahead of time and reflect on activity afterwards.
4. Participation is *voluntary*.
5. *Activities reflect interests, backgrounds, and social histories* of program participants.
6. Activities are age and role-appropriate.
7. Activities *support interaction* among IG participants.
8. Facilitators *skillfully stage the environment* to promote interaction.
9. *Adaptive equipment* is used as appropriate.
10. Facilitators *consider the social environment and the role of staff members*.
11. *Document & communicate* experiences to build upon in future activities.

<https://itunes.apple.com/us/app/headspace.com-meditation-mindfulness/id493145008?mt=8>

Price: Free