

Planet Zzz

Take care of
yourself!



With Planet Zzz, you will eat healthily, take care of yourself and relax. The activities included in the planet enable children aged 3-9 and 10-16 to acquire valuable knowledge and skills in the field of health education, supporting their physical, mental and social development. They focus on seven categories: healthy eating, personal hygiene, physical activity, sleep, safety, emotions and relationships, and mindfulness exercises. Within each category, they teach children how to take care of their needs in a friendly and practical way. The apps boost confidence in everyday situations and self-esteem, preparing children for the challenges of the future. Take a journey into a healthy lifestyle!

Available on Knowla Box, Knowla Wall and Knowla Web.



Careson

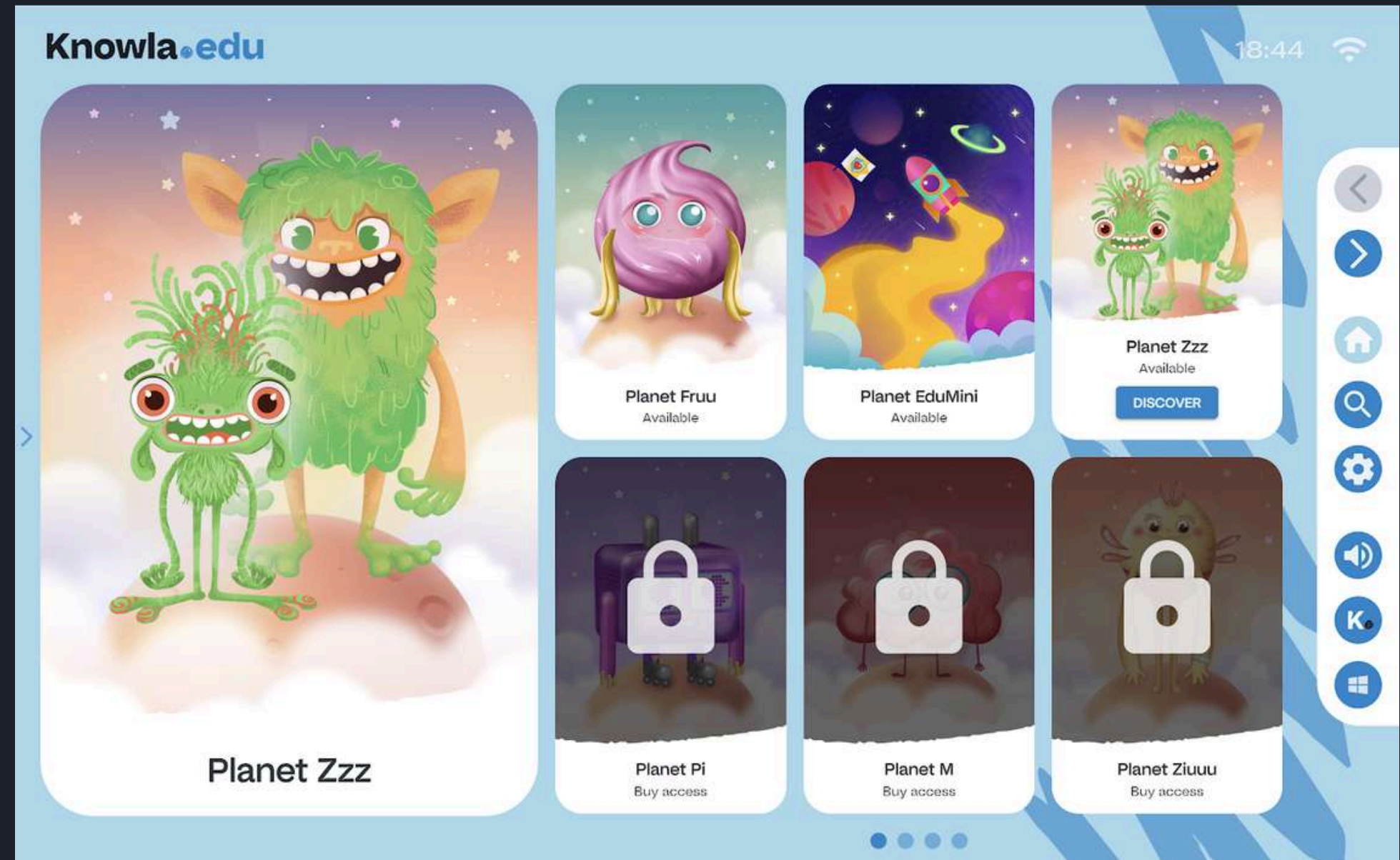
for children aged 10-15



Careson Jr.

for children aged 3-9

Planet Zzz in the Educational Universe





System buttons and menu view

Main menu - Knowla Box/Knowla Wall



return to all planets view



previous planets/apps/activities



more planets/apps/activities



move to the application search engine



go to settings: language selection, license key activation, service settings



sound on/off; turning off the sound at the planet/application selection level will turn off the sound in any subsequent active activity; turning off the sound in an activity will only be active when playing in a given activity









move to select Knowla.fun or Knowla.edu mode



switch to windows desktop view; the application will remain active in the taskbar all the time














Main menu - Knowla Web

-  previous planets/apps/activities
-  more planets/apps/activities
-  return to all planets view
-  full screen mode/exit full screen mode
-  go to settings: language selection, license key activation
-  log in/register to Knowla Web

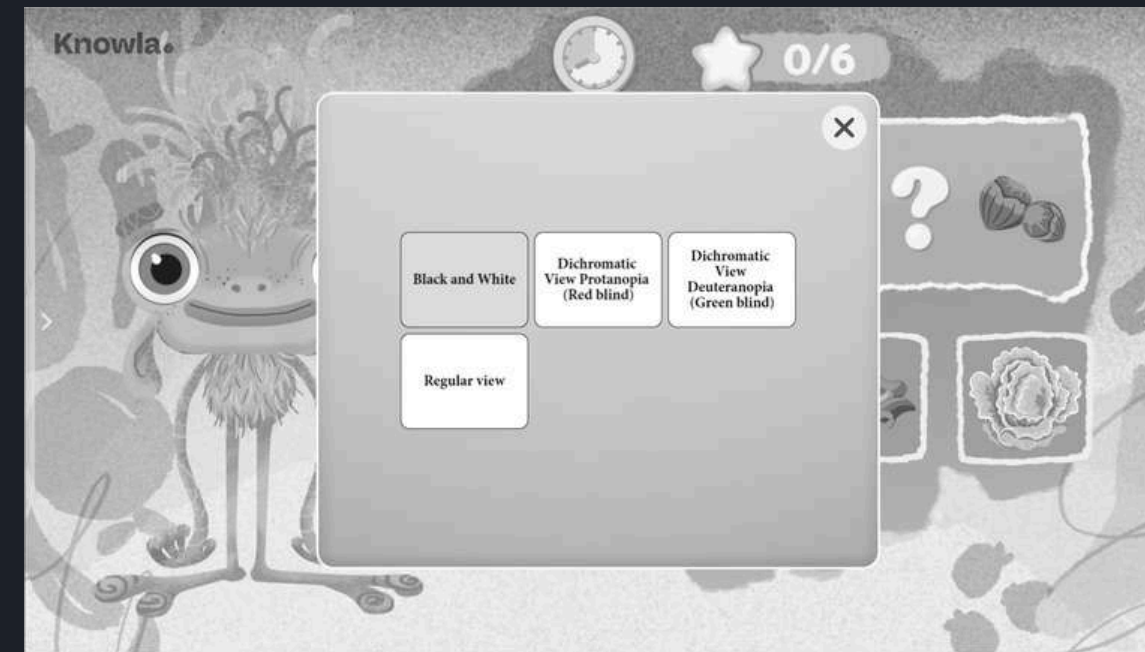


Menu icons in activities - legend

	exit the activity to the planet view (application selection); any changes made will be lost		previous activity
	reloading activity; any changes made will be lost		next activity
	turning the sound on/off		displays additional application settings
	exit to the activity selection list, any changes will be lost		change the settings of selected elements on the screen
	accessibility panel, including colour adjustment of the application		hint for completing the task
			interactive activity guide



Examples of 4 views with different colour adjustments



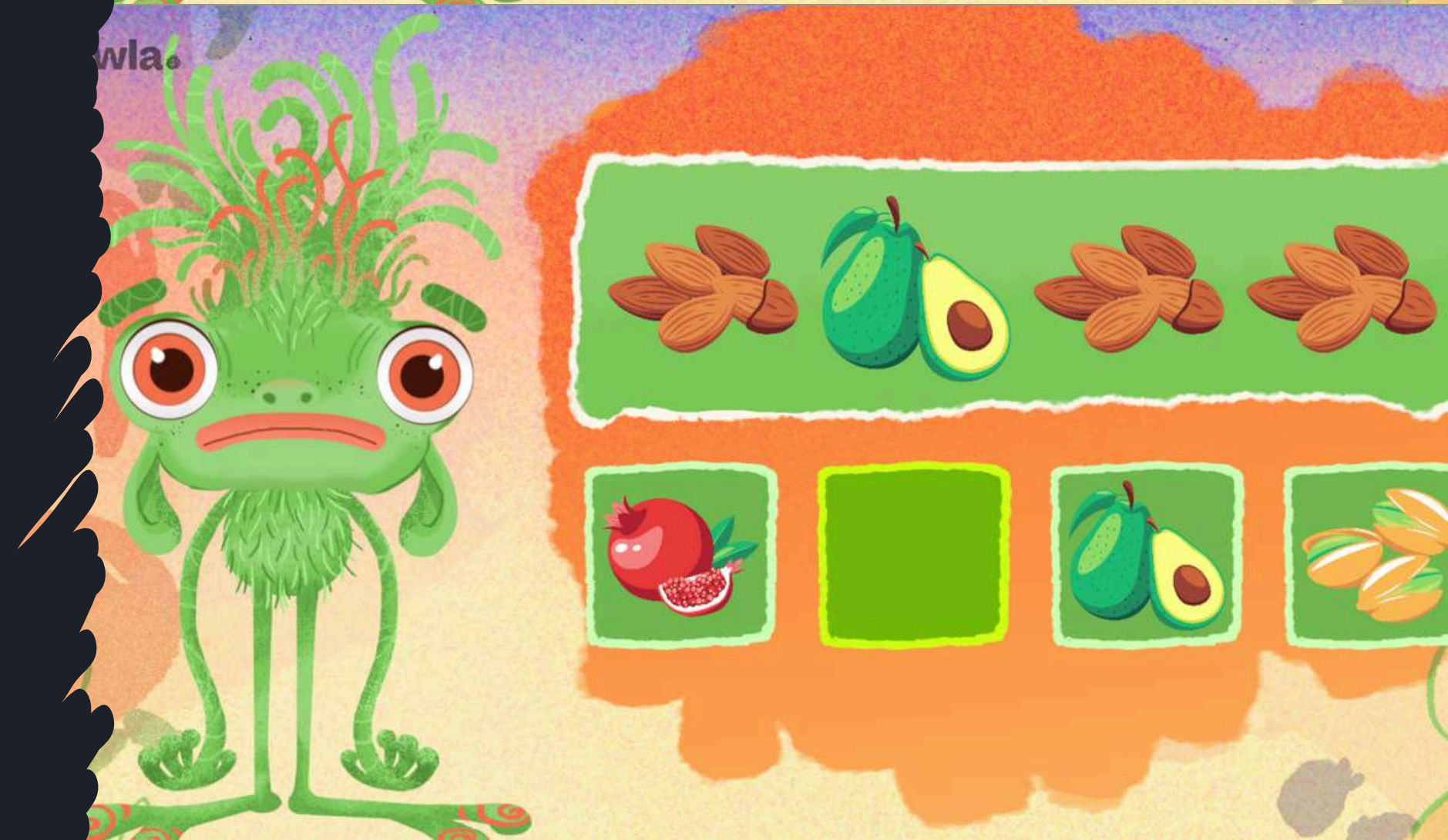
The application's display can be adjusted to the specific needs of children, particularly those with colour vision disorders such as colour blindness or visual impairment. This adjustment can also be used as an educational tool for other children.

By: Ebelin, P., Crassin, C., Denes, G., Oskarsson, M., Åström, K., & Akenine-Möller, T. (2023, May). Luminance-Preserving and Temporally Stable Daltonization. In Eurographics (Short Papers) (pp. 45-48).

Activity
completed
successfully



Activity
ended
unsuccessfully



List of activities





Planeta Zzz consists of 16 applications containing 164 activities, which have been divided into two age groups:

List of applications for ages 3-9:

1. Land of Crunchy Friends - 2 levels, 2 activities*
2. Healthy Choice - 7 activities
3. Superhero of Cleanliness - 12 activities
4. World of Motion - 3 levels, 18 activities
5. Kindom of Sweet Dreams – 4 activities
6. Little Safety Academy – 3 levels, 3 activities*
7. Emotional Adventures – 1 activities*
8. Take a Breath – 6 activities

List of applications for ages 10-15:

1. Health Mission – 16 activities*
2. Hygiene Centre – 6 activities
3. Active Adventure – 20 activities
4. Personal Sleep Coach – 16 activities*
5. Safety Net - 4 activities
6. Emotion Map - 3 activities
7. Mindfulness Garden - 12 activities*
8. Forest Bathing - 6 aktywności

* The application has an infinite number of boards that are generated randomly.



Knowla

List of activities:
applications dedicated
to younger children
(3–9 years old)



Land of Crunchy Friends

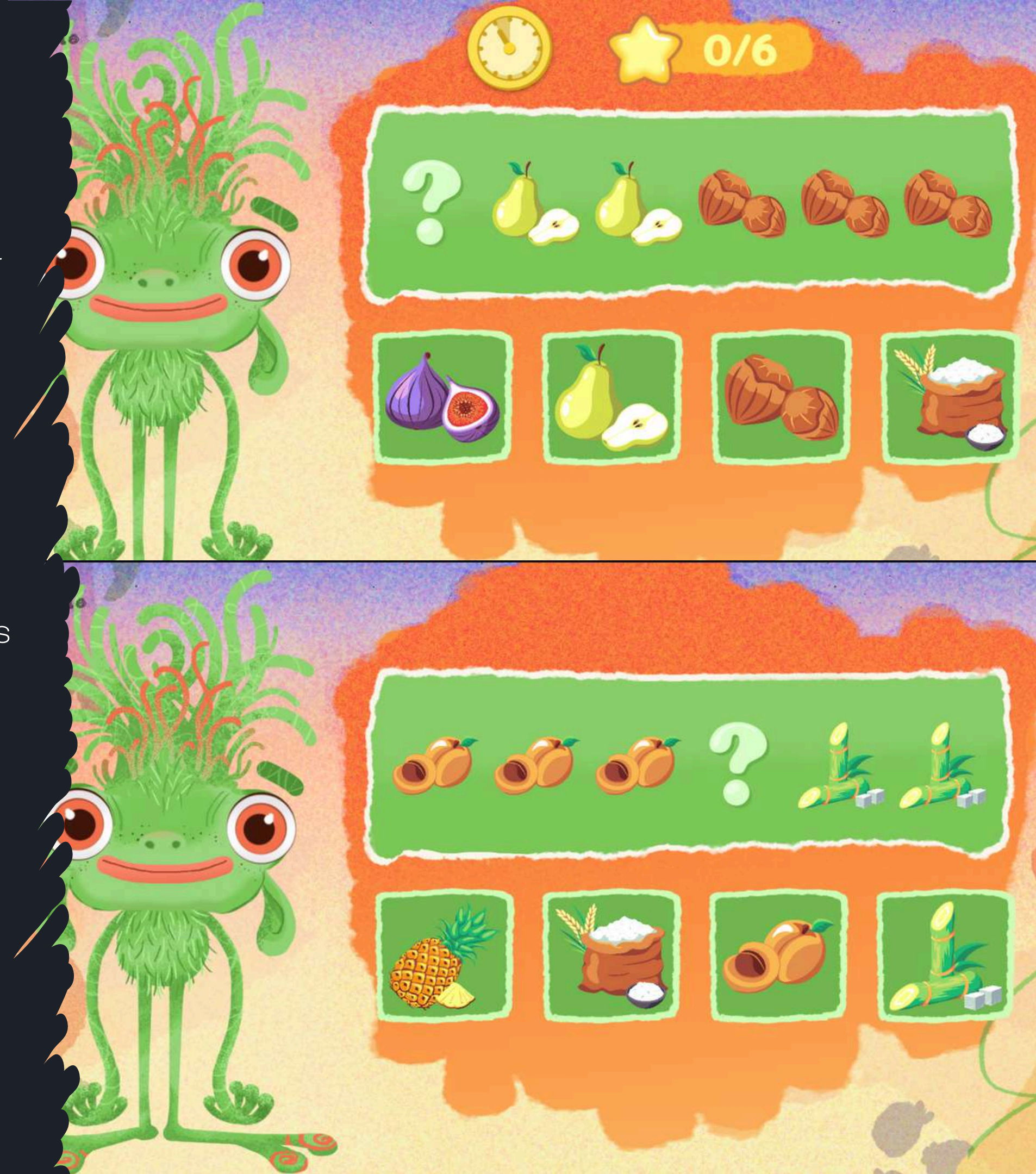
An interactive educational application familiarises children with a variety of healthy foods. Through play, children learn the principles of healthy eating while developing their perceptiveness, logical thinking and ability to recognise sequences.

Children support Careson Jr., who is learning healthy eating habits by selecting missing food products in colourful rows. Immediate feedback – sounds, animations and Careson Jr.'s facial expressions – supports the learning process and motivates children to take action.

Educational objectives pursued by the application:

- Health education through contact with food products
- Recognition of patterns and sequences
- Development of logical thinking and concentration
- Learning through positive reinforcement

Thematic scope of the application: healthy eating, food products, dietetics, sorting, categorising



How it works:

The participant's task is to fill in the missing element in the row – a healthy food product. To do this, they click on the selected product and then on the question mark in the row.

After each action, feedback is provided in the form of a change in Zdrowuś's facial expression and a sound.

Differences between levels:

- Level 1 – free play with sequences.
- Level 2 – play for time or until a selected number of sequences are completed correctly. After the time has elapsed/the specified number of correct sequences has been completed, the activity will end with confetti. Wait a few seconds for a list of all incorrect sequences to appear. By clicking on the cogwheel in the bar, you can set the time, number of sequences and change the settings of the elements on the board.



Select the amount of time to complete the series

Select the number of rows to perform



After clicking on the paw, the row and list of items become movable and can be rearranged across the screen (by dragging them). To disable this, go back to the settings and deactivate the paw.

Panel under the cogwheel at level 2

Healthy Choice

The main goal of the application is to show children how nutrition affects various organs in our body. Each part of the body (e.g. tooth, stomach, heart) is presented as a friendly animated character that reacts emotionally and visually to the food choices made by the child.

Educational objectives pursued by the application:

- health and nutrition education – children learn which products support the health of their organs.
- awareness of consequences – immediate feedback helps them understand the impact of food on the body.
- developing decision-making skills – children learn to make informed choices.
- learning through play and emotions – empathetic characters strengthen engagement and facilitate memorisation.
- shaping pro-health attitudes – supporting positive habits from an early age.

Thematic scope of the application: healthy eating, the impact of food on the body's organs, nutritional requirements of various organs

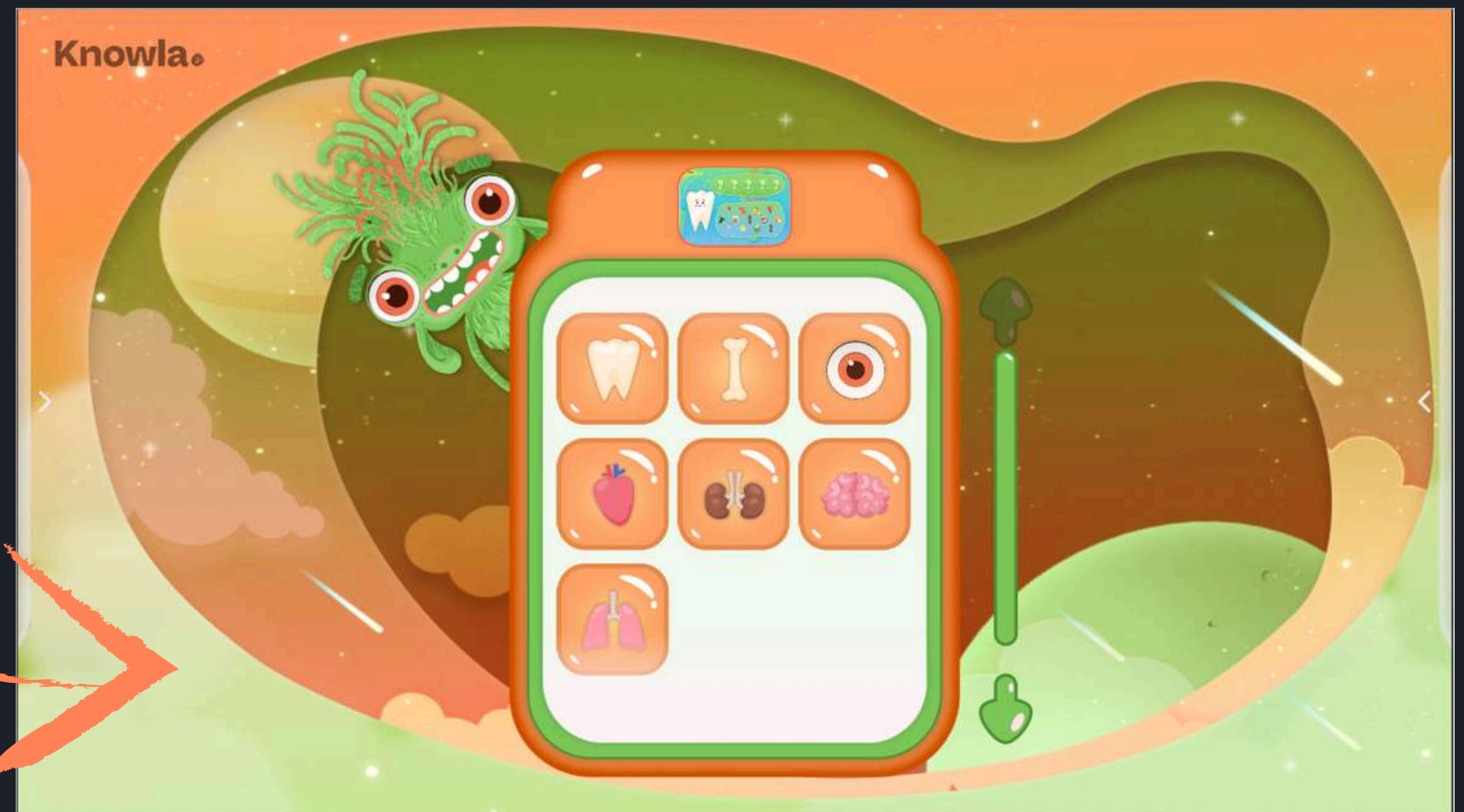


How it works:

The participant's task is to select 5 food products that promote the development of a given organ in our body. To do this, click on the selected food product. After each selection, the organ demonstrates its correctness with facial expressions, and after selecting 5, the incorrect products will become more transparent.

Selected organs of the body:

- teeth
- bones
- eyes
- heart
- kidneys
- brain
- lungs



Cleanliness Superhero

This educational app teaches children the principles of daily hygiene in an accessible and engaging way. Each activity takes the form of a story in which the child helps a friendly character to stay clean and feel good by performing daily hygiene tasks.

Educational objectives pursued by the application:

- developing hygiene habits in line with current public health standards (WHO),
- developing sequencing and logical thinking skills,
- building independence – the child learns and consolidates everyday activities,
- strengthening memory and concentration,
- reducing barriers related to hygiene activities – by familiarising them in a friendly, engaging environment.

Thematic scope of the application:

hand washing (according to the 7 steps of the WHO guidelines), brushing teeth, bathing and showering, getting dressed, toilet activities, preparing for bed and evening rituals

Hygiene versions tailored for girls and boys are available.



How it works:

The child's task is to arrange the steps correctly for various hygiene activities. The individual steps must be arranged in the correct order. To do this, click on the activity and then on the appropriate place with the number. If the arrangement is correct, the activity will remain, but if it is incorrect, it will return to the selection. Sounds will also be played to indicate correctness.

The activity will be successful once the correct order has been arranged.

The options are:

- washing hands
- women's bath
- men's bath
- women's dressing
- men's dressing
- women's shower
- men's shower
- brushing teeth
- using the ladies' toilet
- using the gents' toilet
- women's sleeping
- men's sleeping



World of Motion

The application uniquely combines physical activity with the development of mathematical skills. Children engage in physical play, solving arithmetic problems and throwing balls (using pens/touch – interactive whiteboards) at the correct answers. The dynamic form of the exercises and interactive graphics motivate children to be active, learn and have fun.

The application draws inspiration from various sports, including football, basketball, tennis, rugby, beach ball and golf, which further engages children.

Educational objectives pursued by the application:

- encouraging physical activity – the app encourages movement through play and competition,
- shaping reflexes and hand-eye coordination,
- developing mathematical skills, including the four basic operations,
- reinforcing logical thinking and quick decision-making,
- developing perseverance and motivation to achieve goals.

Thematic scope of the application: mathematics, counting, mathematical operations, sport, sports disciplines, sports rules, movement, physical fitness



How it works:

The participant's task is to match the balls with actions at the bottom with the balls with the results of the actions at the top. To do this, click on the selected ball with the action and then on the ball with the result. If the answer is correct, it will highlight in green and fill up. If it is incorrect, it will highlight in green and the ball will return to the bottom. Everything is also signalled by sound.

To complete the task correctly, you need 20 points, i.e. 5 series of 4 throws.

Differences between levels:

Level 1: addition and subtraction up to 10

Level 2: addition and subtraction up to 100

Level 3: addition, subtraction, multiplication and division up to 100

The speed at which the balls move may also vary.



Kingdom of Sweet Dreams

This educational app teaches children in a friendly and engaging way how important evening routines are and how to prepare for bed step by step. Children accompany Zdrowuś in his evening preparations, helping him find peace, calm and healthy sleep.

Educational objectives pursued by the application:

- developing healthy sleep habits – learning rituals that promote falling asleep,
- developing sequential thinking and planning,
- strengthening independence and a sense of security,
- distinguishing between activities that promote sleep and those that hinder it,
- building internal motivation through a system of rewards and progress.

Thematic scope of the application: sleep, healthy habits, sleep hygiene, sleep ritual

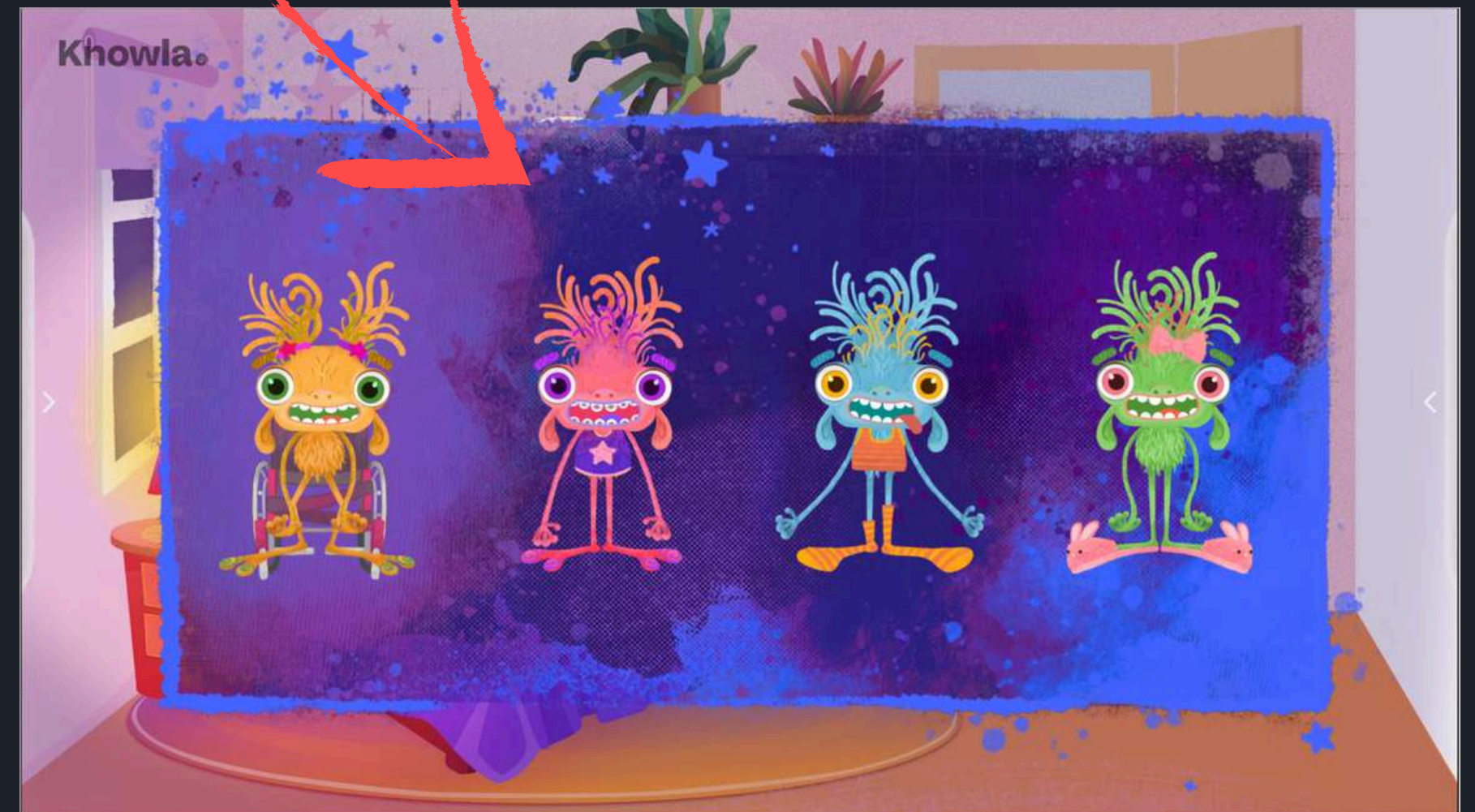


How it works:

First, choose one of the four characters. They come in male or female versions, and one of them uses a wheelchair.

Next, arrange a sequence of actions that represent a bedtime ritual. To do this, click on an action and then on the appropriate place with a number. If the arrangement is correct, the action will remain, but if it is incorrect, it will return to the selection. Sounds will also indicate whether the arrangement is correct.

Once correctly arranged, Careson Jr. performs the selected actions and falls asleep with a smile.



Take a **Breath**

An educational and relaxation app inspired by the Japanese practice of shinrin-yoku, or 'immersing oneself in the atmosphere of the forest.' Its aim is to introduce children and young people to a state of calm, mindfulness and inner peace.

The Bear's Calm Breath app is ideal for use in nurseries, schools, therapy rooms and homes – anywhere where it is important to ensure children's emotional balance.

Educational objectives pursued by the application:

- learning emotional self-regulation
- reducing stress and tension
- developing mindfulness
- developing patience
- improving concentration and attention span
- auditory stimulation and visual regulation
- promoting healthy digital habits
- developing the habit of maintaining mental balance
- building a connection with nature

Thematic scope of the application: mindfulness, tranquillity, meditation, mindfulness, nature



How it works:

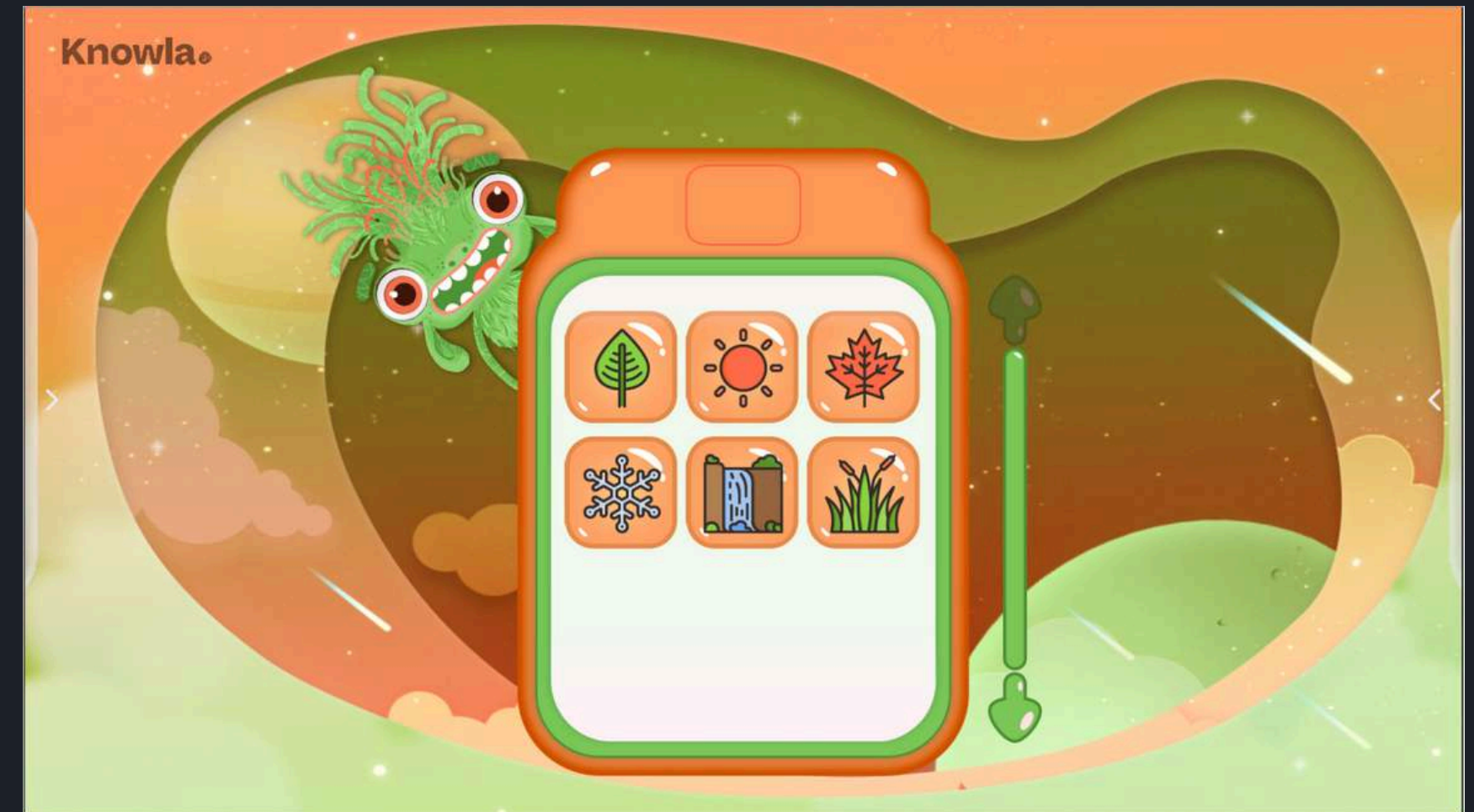
There are several different natural landscapes to choose from. In each of them, the application launches a relaxation session with nature sounds, gentle animations (e.g. screen dimming) and a calm visual background, during which you can calm down and relax.

At the top of the screen, there is a green bar that indicates the duration of the activity.

The time and volume of the sounds can be adjusted by clicking on the cogwheel in the sidebar.

Recommended session length depending on the user's age:

- 3–5 years: 2–5 minutes
- 6–10 years: 5–10 minutes



Emotional Adventures

The application supports the development of emotional and social skills in children, teaching them to recognise, name and understand emotions by observing situations and characters' facial expressions in various contexts.

Attractive graphics, delicate character animations and interactive emotion selection engage children in active analysis and reflection on the emotional states of others, which strengthens empathy and self-awareness.

It is ideal for both early school education and therapeutic classes supporting children's emotional development.

Educational objectives pursued by the application:

- reducing stress and emotional tension,
- improving concentration and cognitive functions,
- strengthening mental well-being,
- teaching mindfulness and conscious rest,
- creating a safe space for calmness – individually or in groups.

Thematic scope of the application: recognising emotions, understanding emotions, awareness of others' emotions, empathy, relationships with others



How it works:

The screen displays characters in various emotional situations (e.g. anger, sadness, joy, frustration, jealousy). The child's task is to match the correct emotion from the toolbox to the character on the screen by clicking on the emotion and then on the circle next to the selected image. If the emotion is correct, it will remain there. If the choice is incorrect, the emotion returns to its place and the circle remains empty. A sound command also appears.

The application contains many situational scenes with increasing levels of difficulty.

In the sidebar, you can click on the paw and change the settings of the elements on the screen.



Little Safety Academy

The app teaches children safe behaviour at home, at school and outside. Each activity takes the form of a short story-mission in which the child helps Zdrowuś recognise dangers and take the right steps to deal with them.

Educational objectives pursued by the application:

- developing safety habits – recognising dangers and appropriate responses (home, road, fire, water)
- developing sequencing and cause-and-effect thinking – putting activities in the correct order.
- building independence and agency – practising decision-making
- strengthening working memory, concentration and perceptiveness – searching for details and making quick decisions
- coping with difficult situations and reducing anxiety – training in calm action (evacuation, calling 112, first aid)
- cyber hygiene – conscious and safe use of technology and social media.

Thematic scope of the application:

safe home – electricity and electrical appliances (sockets, cables, chargers), kitchen (hot/sharp), bathroom (slippery), chemicals.

fire and evacuation – smoke detector, exit plan, fire extinguisher, emergency number 112, conversation with the dispatcher.

road and mobility – pedestrians, bicycles/scooters, reflectors, seat belts, traffic signals, the 'look-listen-go' rule.

playground and sports – helmet, protective gear, warm-up, safe use of equipment.

water and weather – safe swimming, storms, heat and frost, hydration and sun protection.



How it works:

The map shows Careson Jr. and the destination, i.e. the emergency exit sign. Around them, there are various obstacles placed randomly, including fire, forest fire, accident, injury. The participant's task is to lead Careson Jr. to a safe exit. To do this, place arrows connecting both points (by clicking on the arrow and the selected field). Not all fields are filled with obstacles, so sometimes it is possible to go from the start to the destination without having to interact with the obstacles. If there is an obstacle in the way, it can be overcome with the appropriate rescue action: ambulance, fire extinguisher, first aid kit, fire brigade vehicle or helicopter, selected from the toolbox on the left. The action must be appropriate to the hazard. After placing all the elements, click on Careson Jr. and watch the path. If:

- the field requires a special item, the item has not been placed – the player loses,
- the item has been placed, but it is incorrect – the item disappears at the beginning and then the player loses,
- the correct item has been placed – the obstacle disappears and then the item disappears. The player's character is safely moved to the given space and the game continues.
- the space does not require a special item, but there is an arrow pointing to it – the player is safely moved to it. The game continues without interruption.

The map shows Careson Jr. moving around the board until he loses or reaches the designated square. The participant's solution is rated with stars in terms of minimising risks and length of the route (1. If there is a route that is a few steps longer but does not pass through any risks, it will be better. 2. If there is no route that avoids all hazards, the best route will be the one that contains the fewest hazards).

List of activities:
applications dedicated
to older children
(10-15 years old)



Hygiene Centre

The app teaches the principles of daily hygiene tailored to the needs of adolescence in a modern and visually appealing way. Each activity takes the form of an interactive story in which the user learns and reinforces good health habits step by step.

Educational objectives pursued by the application:

- developing hygienic health habits in line with current public health guidelines (WHO),
- developing logical thinking and sequencing skills,
- building independence – reinforcing basic care activities,
- supporting self-awareness of changes occurring during puberty,
- strengthening working memory and concentration,
- reducing barriers related to hygiene care during adolescence through attractive, modern graphics.

Thematic scope of the application:

brushing teeth – frequency rules, brushing time (2–3 minutes), evening brushing, hygiene after meals, use of dental floss,

hand washing – according to the 7 steps of the WHO guidelines, with examples of situations requiring hygiene (school, public transport, toilet, park),

showering and body hygiene – changes during puberty: sweat and sebaceous gland activity, acne, oily hair, hygiene after exercise,

hygiene rituals related to puberty – tailored to girls and boys,

evening rituals and preparation for bed – emphasising the importance of thorough skin and teeth cleansing.



How it works:

The participant's task is to arrange all the steps of hygiene in the correct order (e.g. the stages of hand washing). To do this, click on the selected activity and number, assigning it to the sequence. If it is in the correct place, the activity will remain there, and if not, it will return to the selection. Appropriate sounds will also be played.

The activity is successful when everything is arranged correctly.



Health Mission

It teaches children and young people about healthy eating and the impact of food on energy levels and physical condition in an engaging way. The user takes on the role of a friendly monster whose task is to gain strength and health through making the right food choices.

Educational objectives pursued by the application:

- developing healthy eating habits,
- raising awareness of the impact of food on health, energy and well-being,
- learning to make decisions and predict the consequences of choices,
- improving concentration and reflexes through elements of dexterity,
- promoting a healthy lifestyle in an attractive, interactive form.

Thematic scope of the application:

character selection – four different monster characters representing different body types (slim, average, curvy, muscular),

learning to make nutritional decisions – choosing products from various options,

evaluating choices – products go to the 'energy battery', showing how food affects the character's strength and vitality,

educational information – a table explaining why selected products are healthy or unhealthy,

arcade game elements – depending on the energy obtained from food, the monster moves faster or slower across the board, avoiding unhealthy food and collecting healthy products that are supposed to provide energy again.



How it works:

The game can be played solo or, optionally, in multiplayer mode, where players can compete or cooperate.

At the very beginning, you have to choose your character. The participant's task is to select healthy food products from the shelf (one of each) and then, when the arrow appears, proceed to the checkout. We also receive an analysis of the products we have selected.

The next stage of the application is a game that will last as long as we have energy from healthy food products.

The application rewards healthy choices and shows the consequences of bad decisions (loss of energy, slowing down, losing after losing 6 'hits' from unhealthy food). The animations of the monsters suggest their needs (e.g. hunger, lack of energy).



Active Adventure

It encourages young people to engage in daily physical activity, take care of their bodies and well-being in an accessible and engaging way.

Each session is a short movement mission in which the user performs a series of simple exercises along with warm-up exercises, learning how to improve concentration, posture and mood through movement and breathing.

Educational objectives pursued by the application:

- developing the habit of daily physical activity and health care,
- shaping awareness of the body, breathing and emotions,
- strengthening concentration, balance and mental resilience,
- promoting a healthy lifestyle and relaxation skills,
- building self-discipline and motivation to exercise.

Thematic scope of the application:

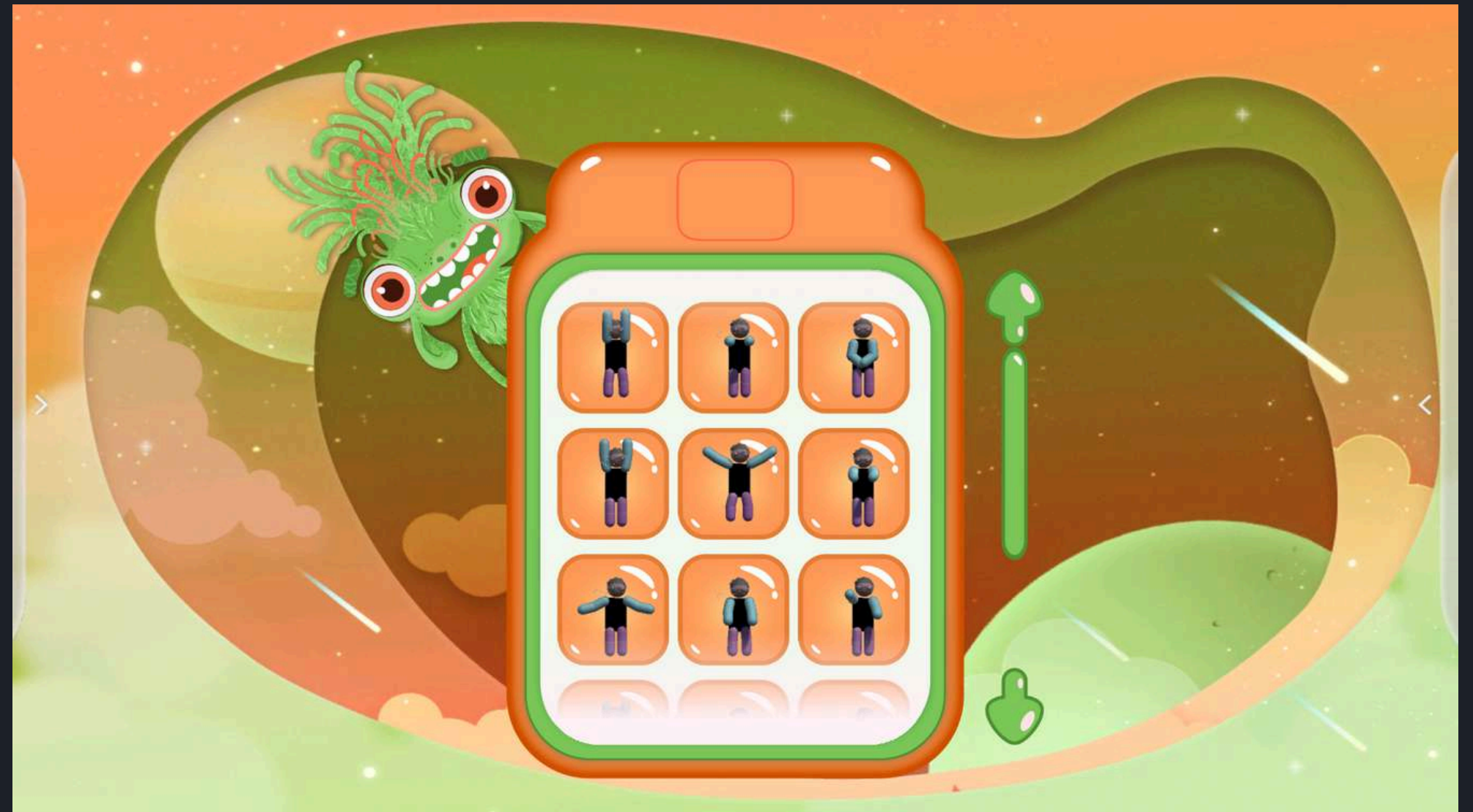
basic warm-up exercises – loosening joints, activating circulation, preparing the body for movement, learning smooth, harmonious movements that connect the body and breath, simple breathing and relaxation practices – building mindfulness, emotional balance and inner peace, daily training for a good mood – sets of short exercises to help reduce stress and improve well-being.



How it works:

Participants select a daily mission and perform a set of short exercises. After each series, the application displays the effect on the body and mind – e.g. ‘relaxation’, ‘calmness’, ‘energy’.

In group mode, participants can perform exercises together and compare their activity results.



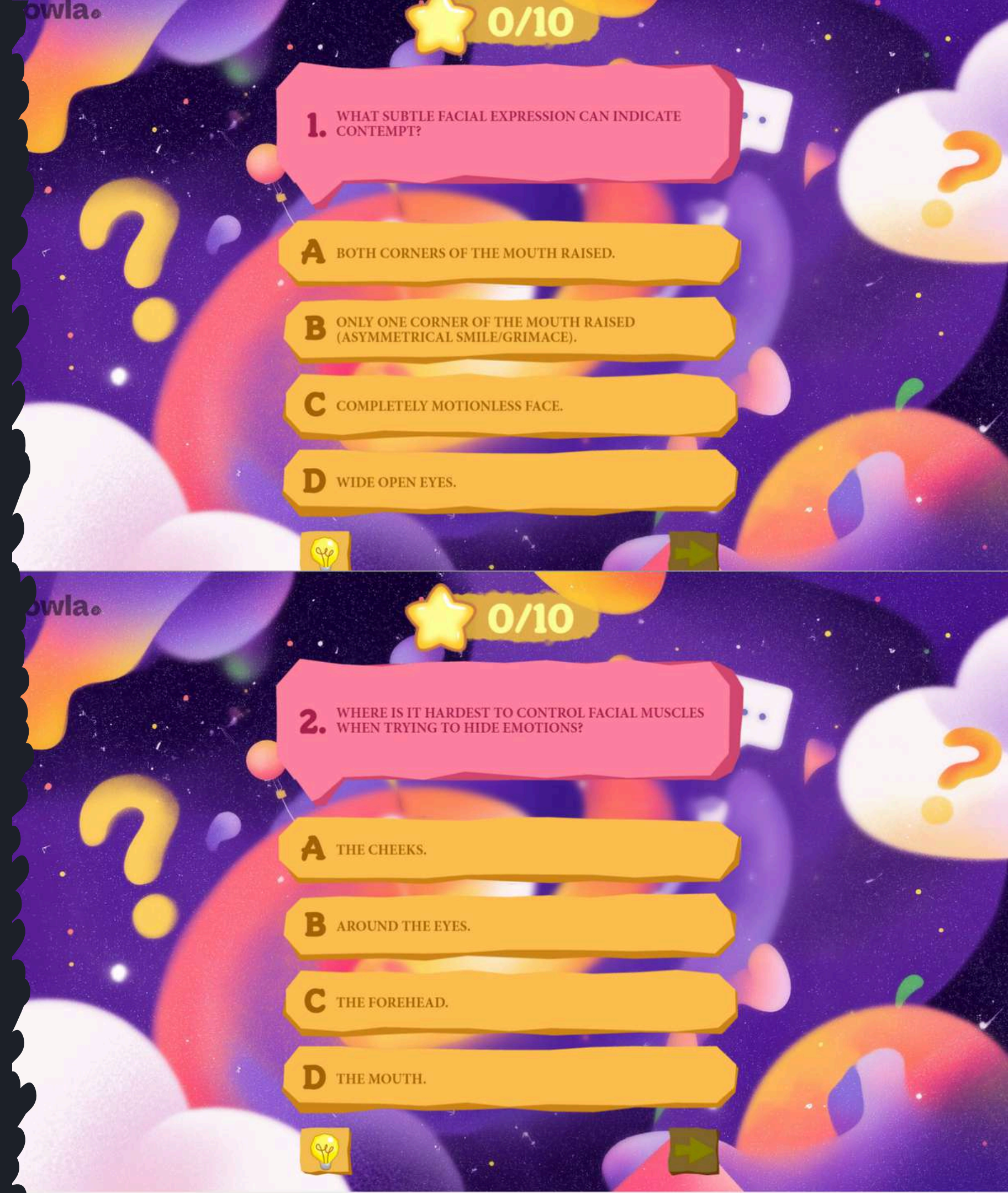
Emotional Map

It helps pupils recognise, name and understand emotions – their own and those of others – in an attractive and interactive way. Thanks to the quiz, they learn about different emotional states and choose the appropriate response, combining emotions into logical pairs.

Educational objectives pursued by the application:

- developing emotional awareness and the ability to recognise feelings,
- the ability to recognise emotional states,
- learning to respond appropriately and communicate emotions,
- strengthening empathy, self-awareness and social relationships,
- building emotional resilience and a sense of security,
- developing a positive attitude towards oneself and the emotions of others.

Thematic scope of the application: Recognising emotions – joy, anger, sadness, fear and their derivatives (e.g. gratitude, frustration, regret). Naming feelings – learning emotional vocabulary in a simple and vivid way. Reactions to emotions – tips on how to react appropriately and how to take care of yourself in difficult moments. Empathy and relationships – exercises to help understand the feelings of others and develop an empathetic attitude. Emotion diary – an individual record of daily moods to support self-awareness.



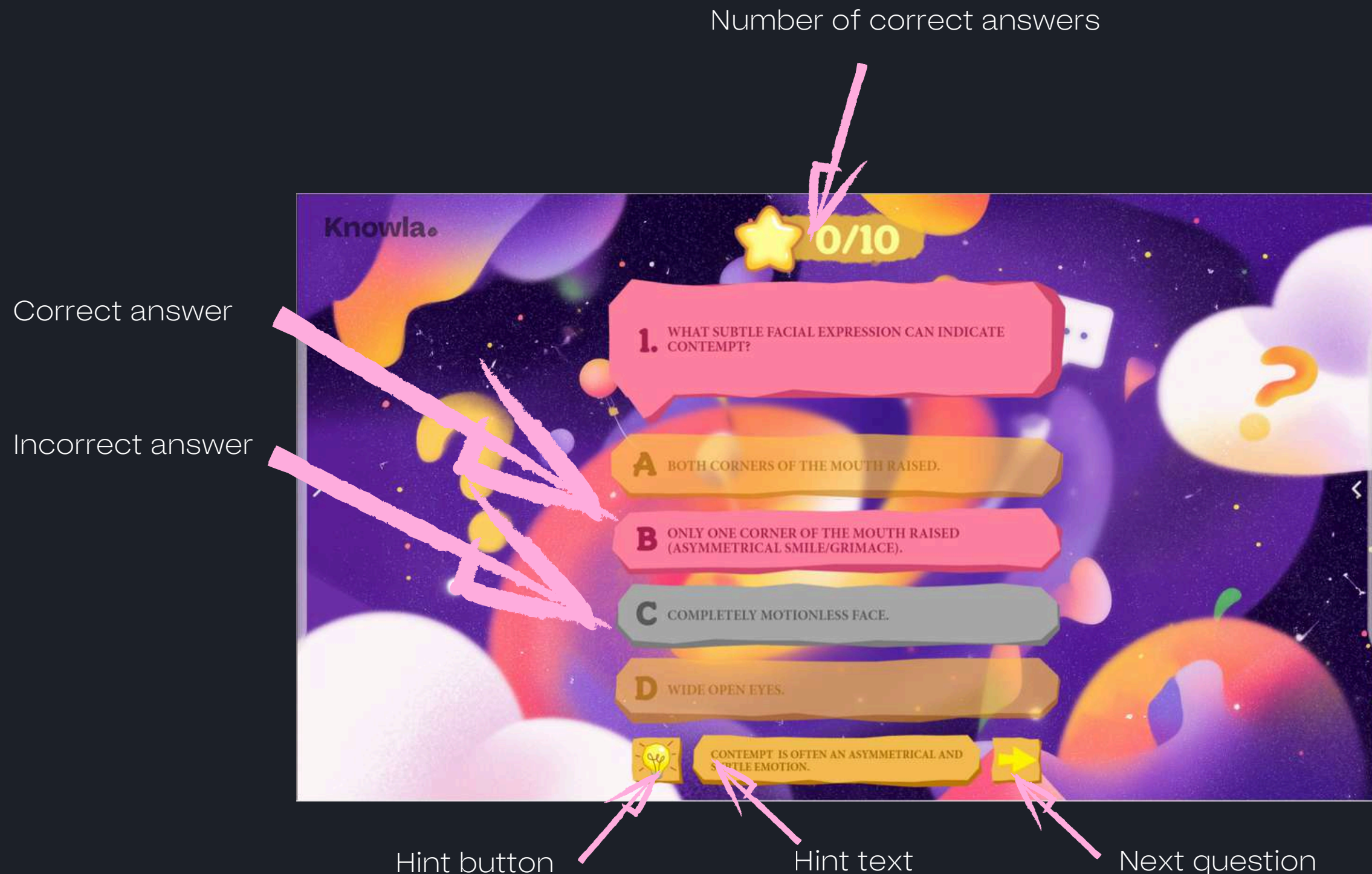
How it works:

The participant begins their journey through a colourful map of emotions, exploring emotions through short missions and quizzes. Each mission is a situation from everyday life, e.g. the student recognises an emotion, chooses a reaction and connects emotions into logical pairs (e.g. anger–frustration, joy–gratitude).

In the quizzes, the participant must answer 10 questions about emotions, their facial expressions and reactions. For each correct answer, the participant receives 1 point. Once all the questions have been answered, the activity ends. Hints can be used when answering.

In group mode, teams compete in solving ‘emotional missions,’ earning points and discovering the relationships between feelings.

After completing all stages, the map lights up, symbolically showing that understanding emotions leads to balance.



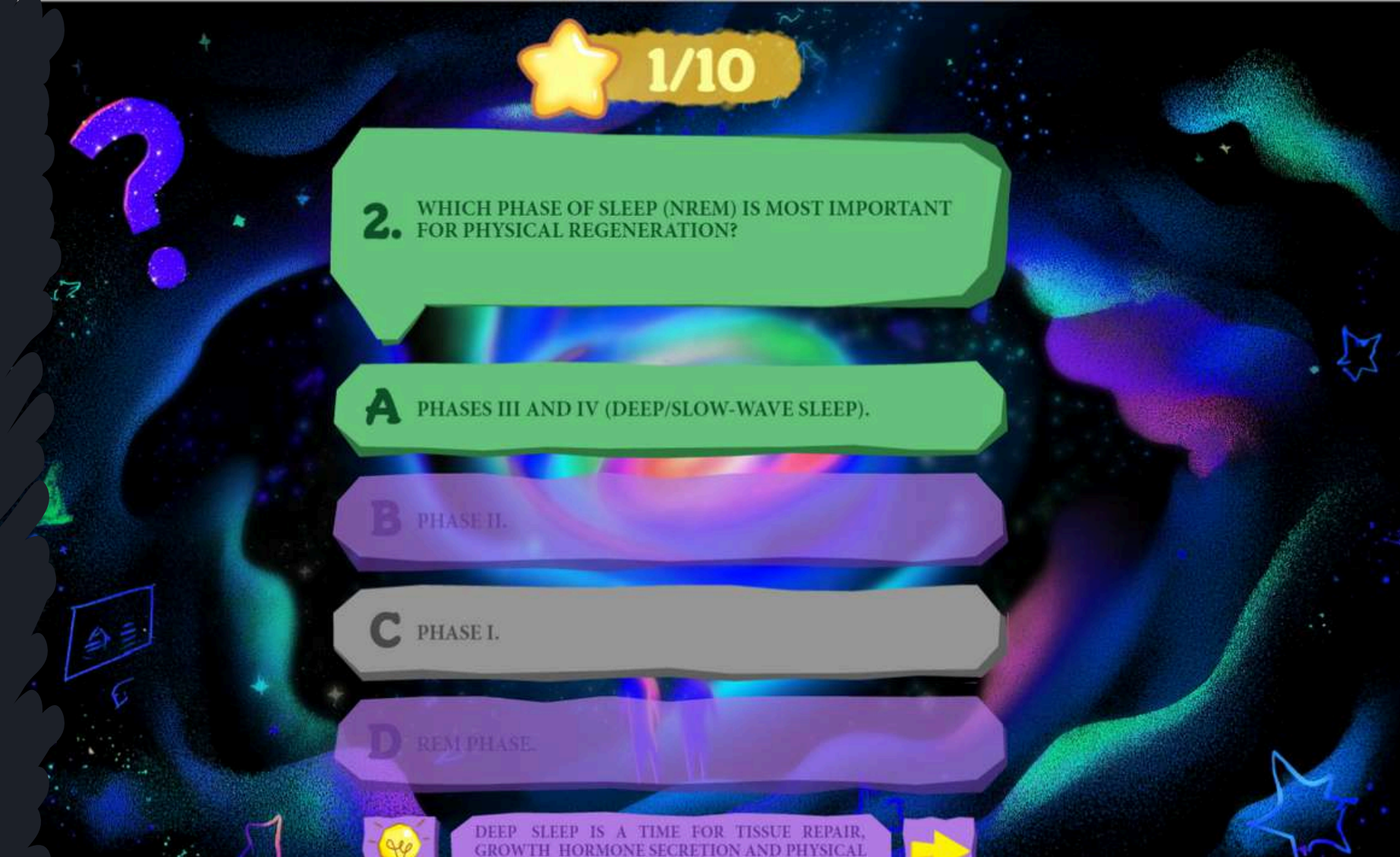
Personal Sleep Coach

An engaging and accessible way to help young people understand the importance of sleep and develop healthy habits that support regeneration, concentration and well-being. Participants accompany Monster as he discovers why sleep is necessary, what happens in the body during rest, and how daily habits affect sleep quality.

Educational objectives pursued by the application:

- developing awareness of the importance of sleep for physical and mental health,
- forming healthy sleep habits and rest hygiene,
- understanding the biological needs of the body during adolescence,
- developing decision-making and reflective skills through educational games,
- building motivation to take care of sleep as a key element of a healthy lifestyle.

Thematic scope of the application: The importance of sleep – learning about the biological and cognitive functions of sleep: regeneration, memory consolidation, emotions and concentration. Sleep and the brain – an introduction to sleep phases (REM, NREM) and their impact on learning, creativity and well-being. Sleep during adolescence – explanation of biological changes in the circadian rhythm of teenagers (delayed sleep phase, melatonin, need for 8-10 hours of rest). Good and bad sleep habits – an accessible educational game about building a daily sleep routine. Sleep hygiene – factors that support falling asleep: environment, relaxation, activity, diet, technology.



How it works:

The application guides the user through successive stages – each screen presents new knowledge and interaction, but it is the teacher or instructor who decides the pace of progression between stages using the ‘Next’ button.

Scene in Monster's room:

The protagonist is sitting in a realistic teenager's room late at night (around 10 p.m.) and wondering why he needs sleep. The students answer the questions together: Why do we sleep? What happens when we don't sleep?

Educational infographic – ‘Why is sleep important?’

Presents the key functions of sleep: memory consolidation, regeneration, information selection, emotion regulation, creativity.

Infographic – ‘Sleep during adolescence’

Explains the biological changes in the circadian rhythm of teenagers: later melatonin secretion, difficulty falling asleep, sleep deprivation.

Educational game – ‘Sleep Energy’

Students (individually or in teams) help Zdrowuś collect energy by choosing healthy habits. Cards with habits – good and bad – appear on the screen. Players assign the cards to the ‘Good for sleep’ or ‘Bad for sleep’ zone. Correct answers charge the Monster's battery (energy points), while incorrect answers discharge it.

Example cards/habits:

Good for sleep:

- A regular bedtime and wake-up time (including weekends).
- A dark, quiet and cool room.
- Relaxation before bedtime (reading, music, a warm bath).
- Physical activity during the day.
- A light dinner a few hours before bedtime.

Bad for sleep:

- Using your phone or computer before bedtime.
- Late consumption of caffeine or stimulants (e.g. energy drinks, e-cigarettes).
- Long naps during the day.
- Irregular sleep hours (so-called ‘social jet lag’).
- Studying or stressful activities in bed.
-

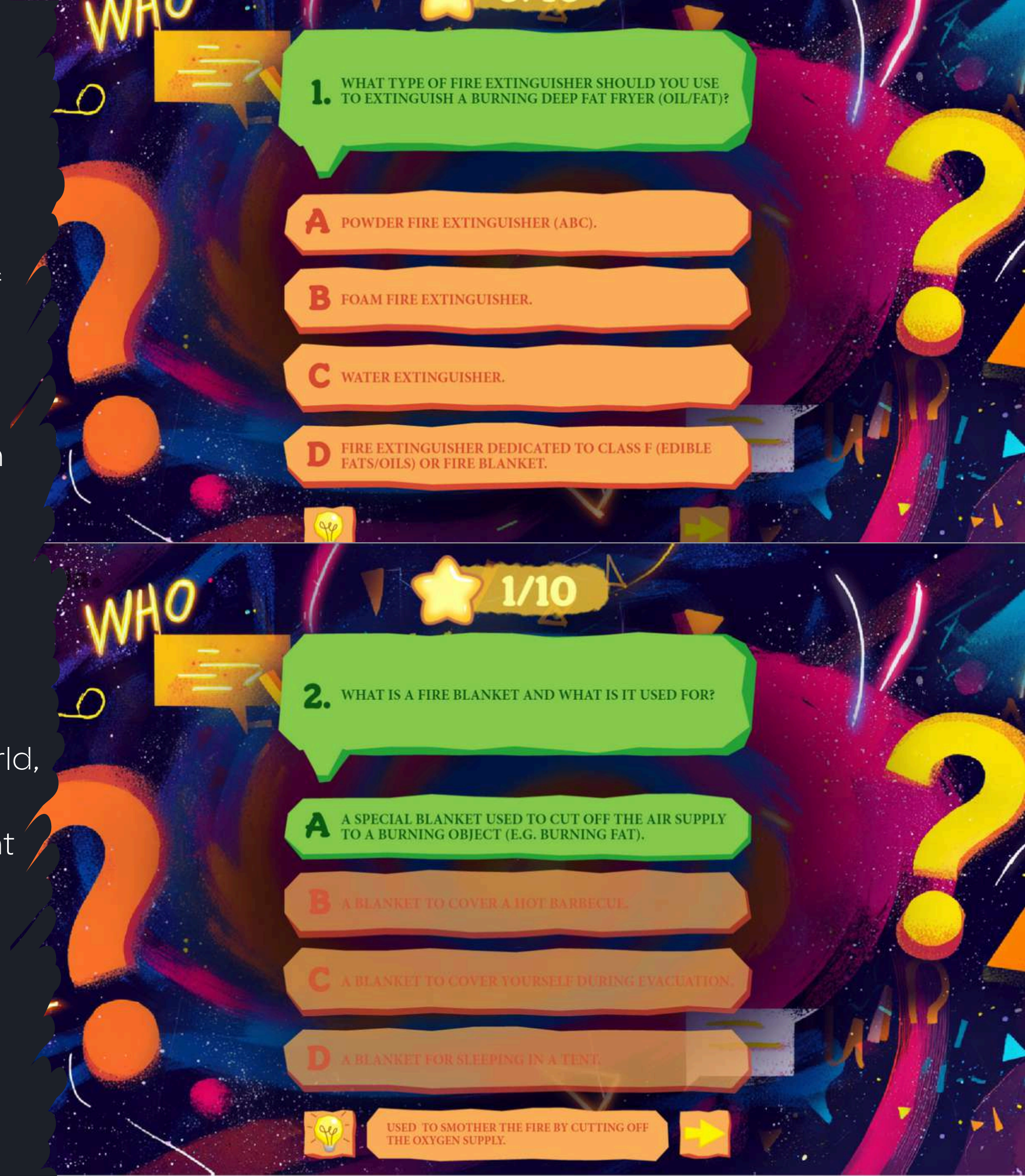
Safety Net

An interactive educational application in the form of a quiz, in which the user takes on the role of a young security agent. The aim of the game is to develop knowledge and skills in the field of safe behaviour at home, at school, online and in public spaces. Participants complete missions, puzzles and decision-making tests, with each task representing a step towards promotion within the 'Security Agency' structure. As they progress through the game, they discover new levels and earn expert badges.

Educational objectives pursued by the application:

- developing safe behaviour habits in various environments,
- developing the ability to anticipate the consequences of decisions and cause-and-effect thinking,
- strengthening awareness of threats in the real and digital world,
- building responsibility and independence in action,
- developing cooperation and reflection on safety through joint play and conversation.

Thematic scope of the application: safety at home – electricity, electrical appliances, chemicals, kitchen, bathroom; road safety – pedestrians, cyclists, scooters, traffic lights, reflectors, emergency number 112; safety when interacting with strangers – rules of limited trust, assertiveness, responding to dangerous situations; cyber security – personal data protection, passwords, phishing, social media; first aid and response – emergency number, talking to the dispatcher, staying calm in crisis situations.

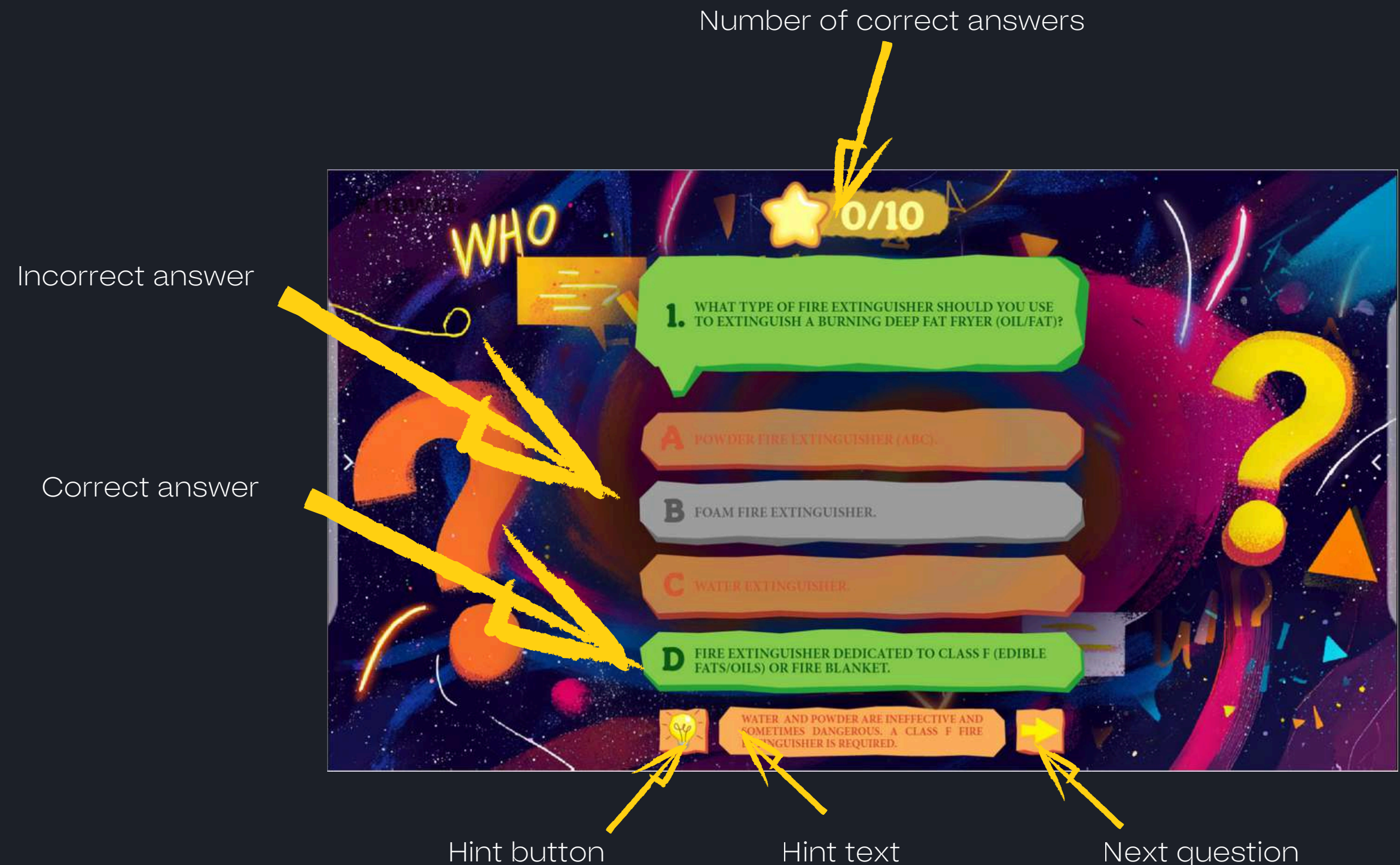


How it works:

The application takes the form of an interactive quiz and role-playing game. The participant plays the role of an agent carrying out successive security missions, and short scenes, descriptions or illustrations of situations appear on the screen, in which the participant answers multiple-choice questions or makes decisions – each answer affects the course of the story:

- correct decisions strengthen the 'security network' – the player earns points and badges.
- wrong choices weaken the network – it is necessary to analyse the mistake and return to the previous stage.

In classroom mode, the teacher can control the pace of the game with the 'Next' button, stopping at selected tasks for discussion.



Mindfulness Garden

An interactive educational application in the form of a maze game and mindfulness training, in which the user develops concentration, self-regulation and peace of mind. The user's task is to navigate a maze of a selected shape (rectangle, triangle, circle, other) – they can mark one path to the goal or discover all possible routes to earn the maximum number of points.

Educational objectives pursued by the application:

- developing concentration and mindfulness,
- shaping executive functions: planning and working memory,
- building self-regulation and frustration tolerance (conscious pace, analysis of all possible route options),
- strengthening accuracy, perseverance and strategic thinking (comparing alternative routes).

Thematic scope of the application: concentration – maintaining focus and thoughts on the task at hand, reducing distractions; planning and strategy – analysing paths, choosing the optimal route, comparing alternatives; working memory – remembering branches and returns during exploration; reaction inhibition and work pace – conscious slowing down, precision instead of haste; eye-hand coordination – smooth movement of the marker along narrow corridors.



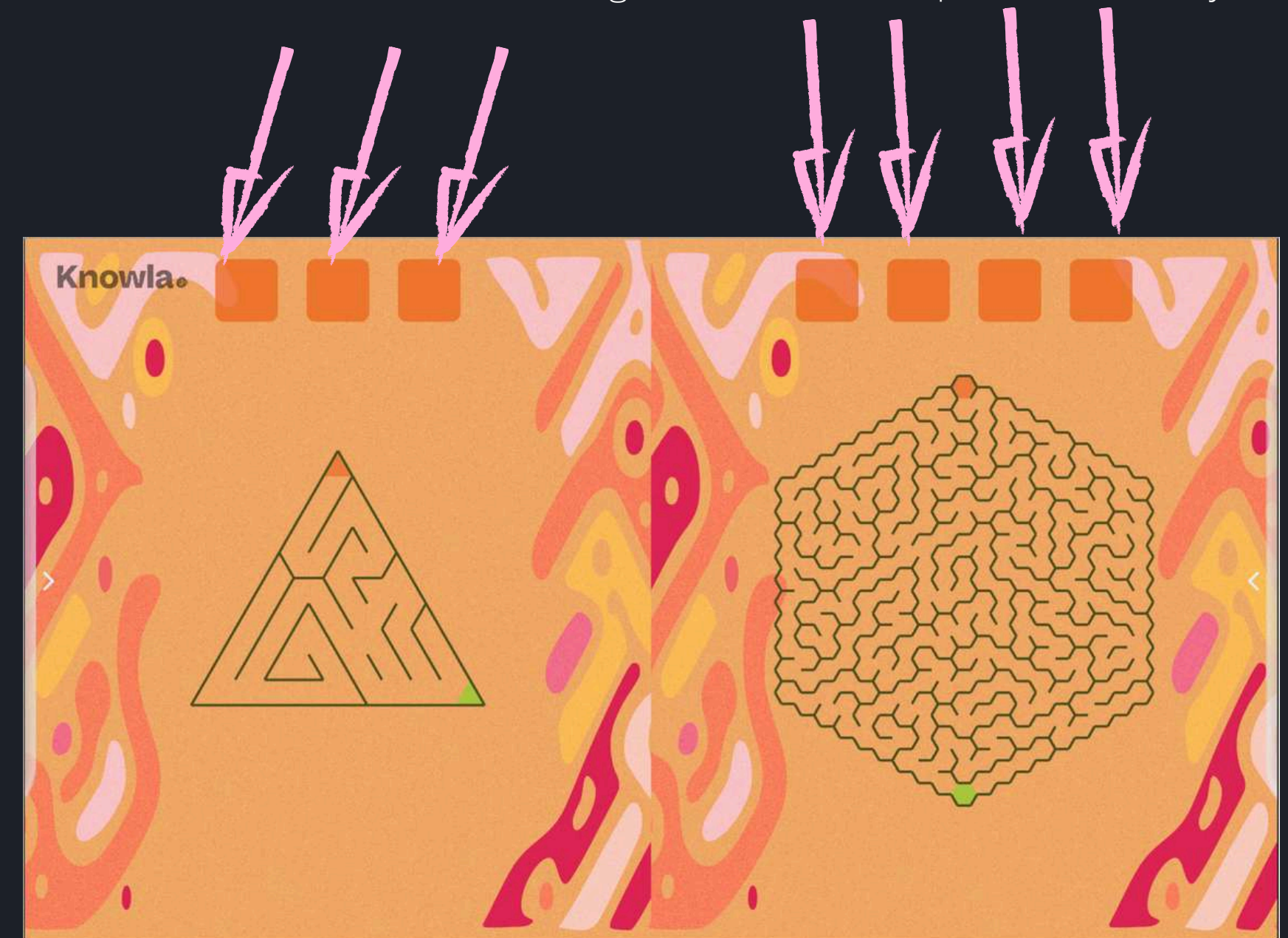
How it works:

The application takes the form of an interactive maze game and mindfulness training. At the beginning, the participant chooses the shape and difficulty level of the maze, and the maze appears on the screen. The task is to connect two points (orange and green) from the 'start' to the 'finish'.

They can mark only one route or indicate all possible route variants. Only then will the activity be successful.

It has single and two-player modes.

The number of solutions to a given maze to complete the activity.





Settings:

- size
- horizontal expansion
- vertical expansion

Settings:

- size
- change in the complexity of the maze

Settings:

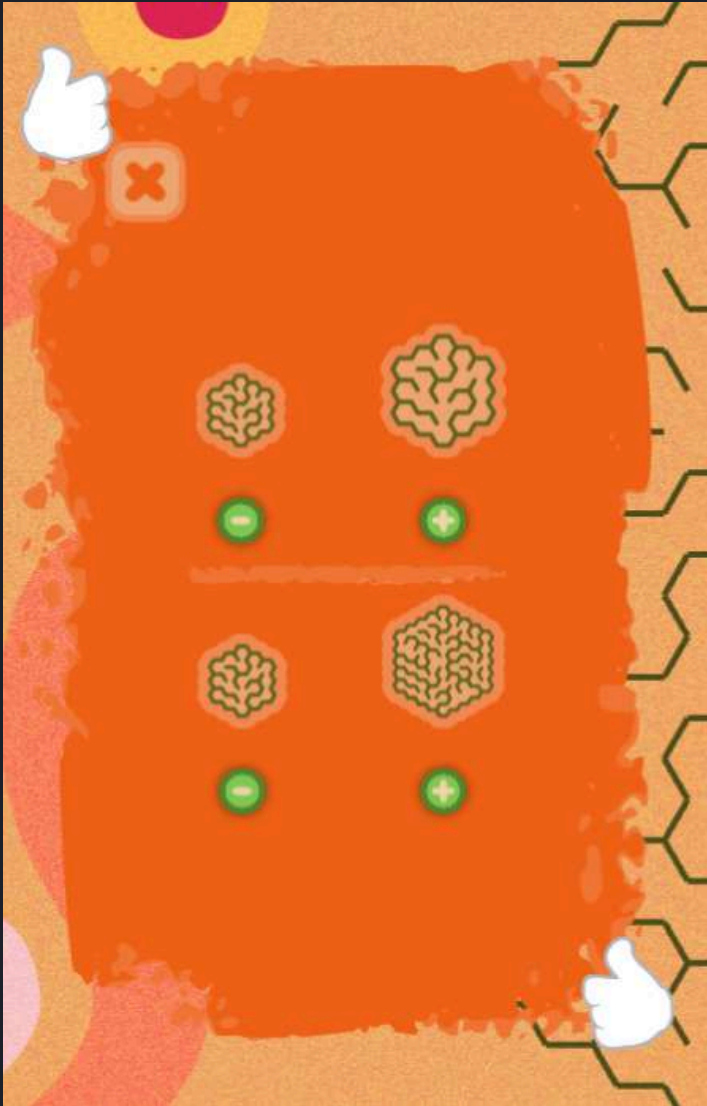
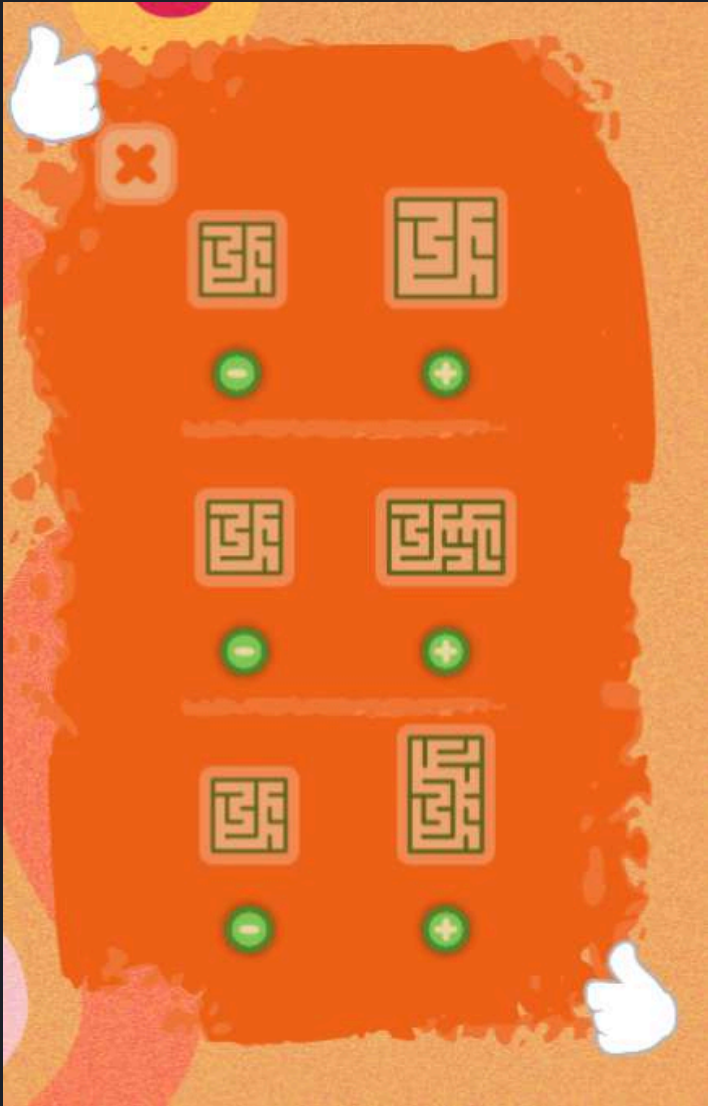
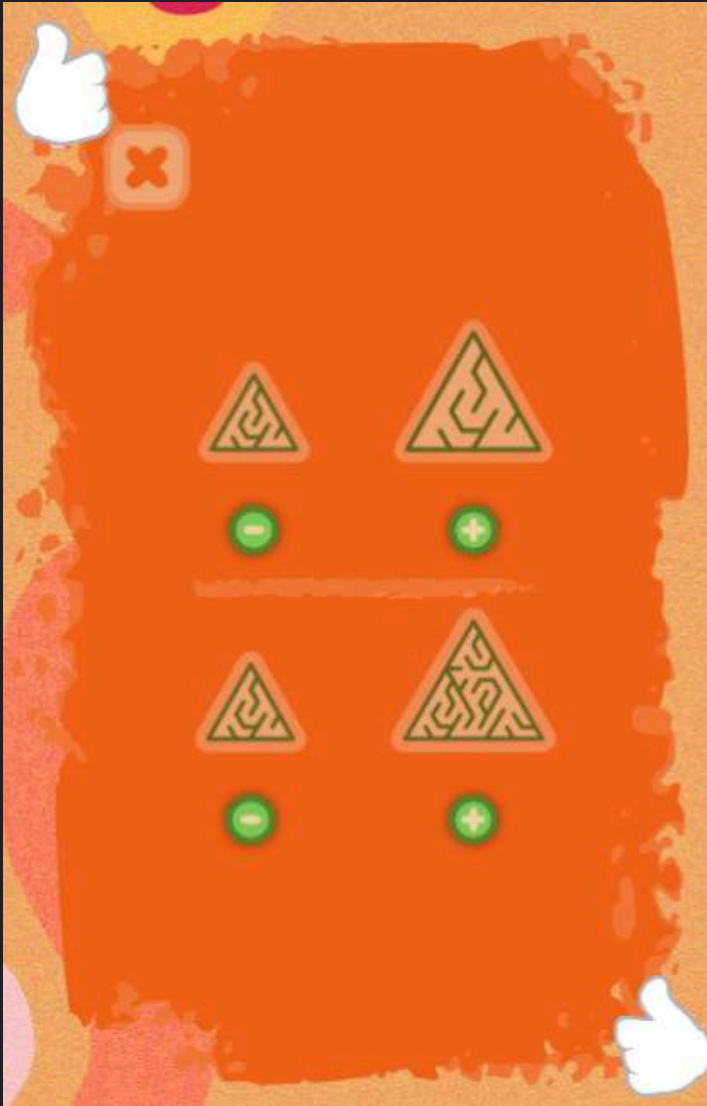
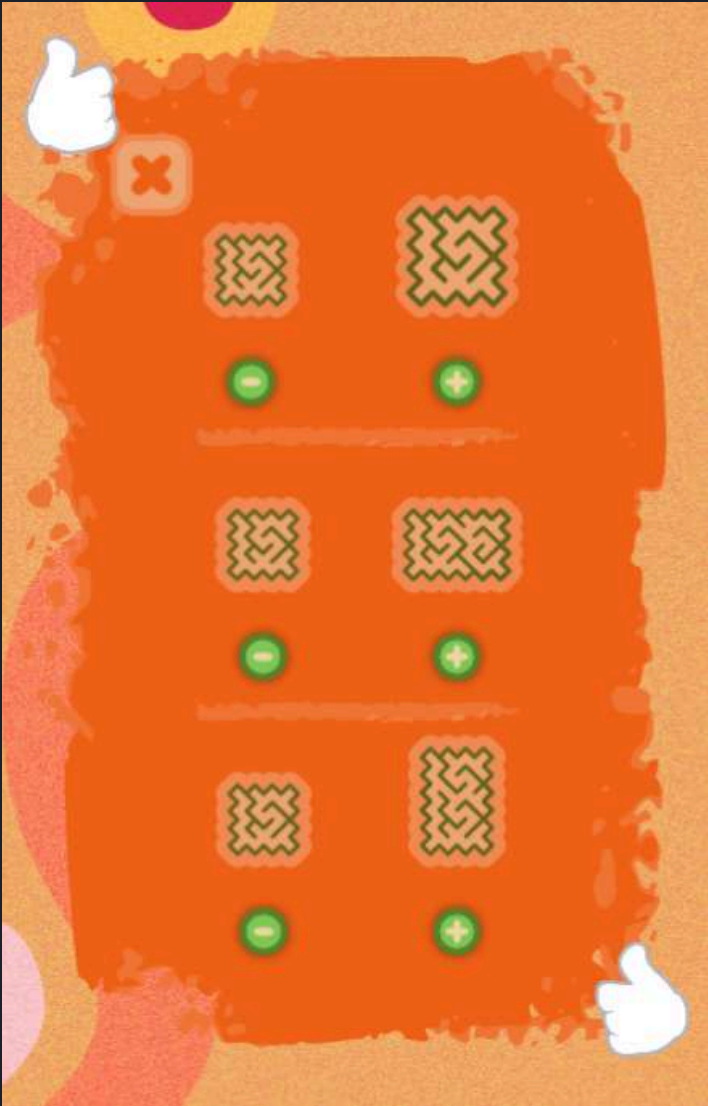
- size
- change in the complexity of the maze

Settings:

- size
- horizontal expansion
- vertical expansion

Settings:

- size
- change in the complexity of the maze



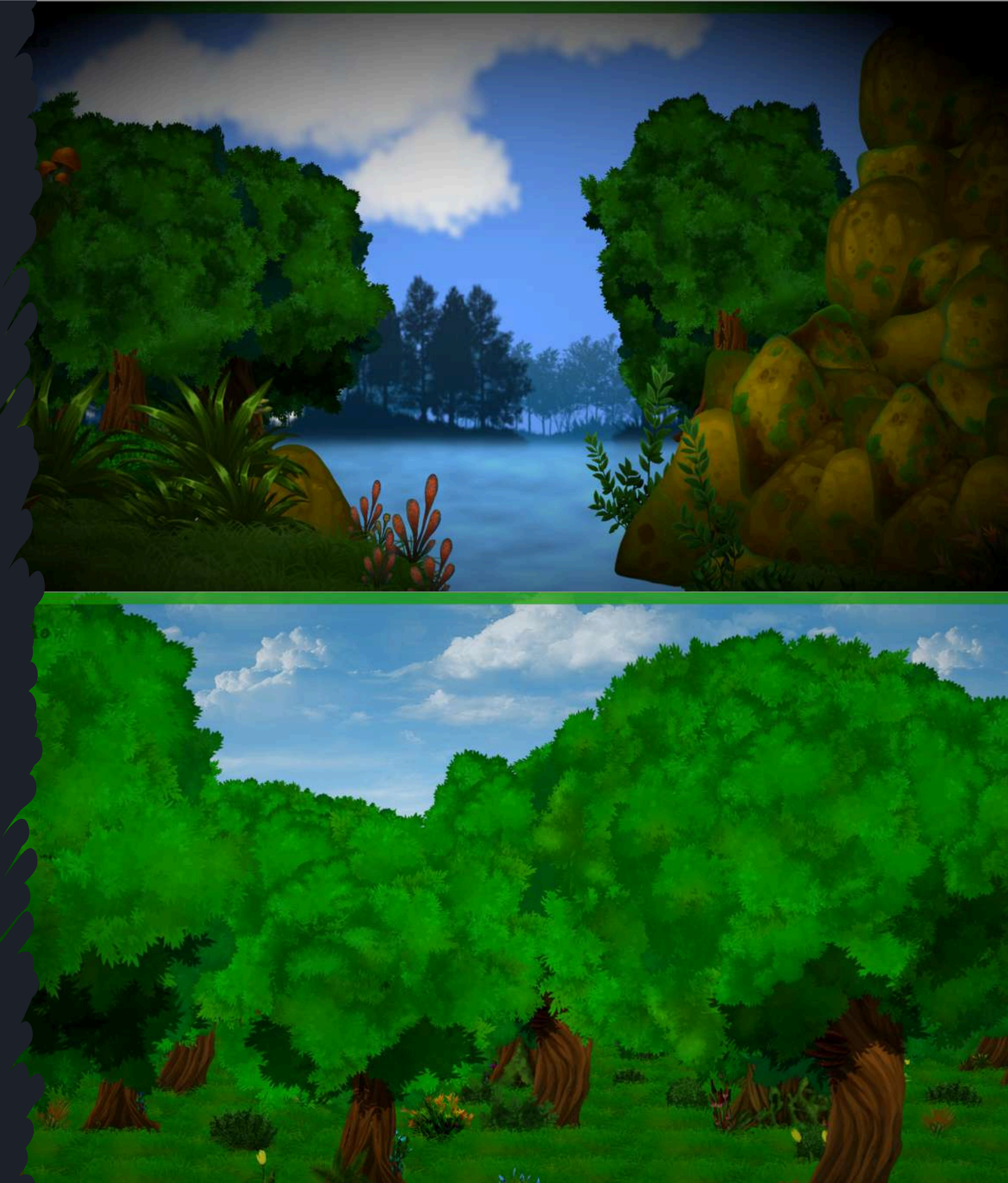
Forest bathing

This is an educational and relaxation app inspired by the Japanese practice of shinrin-yoku, or 'immersing oneself in the forest atmosphere'. Its aim is to introduce children and young people to a state of calmness, mindfulness and inner peace. It is ideal for use in schools, therapy rooms and homes – anywhere where it is important to ensure the emotional balance of children and young people.

Educational objectives pursued by the application:

- learning emotional self-regulation
- reducing stress and tension
- developing mindfulness
- developing patience
- improving concentration and attention span
- auditory stimulation and visual regulation
- promoting healthy digital habits
- developing the habit of maintaining mental balance
- building a connection with nature

Thematic scope of the application: mindfulness, calmness, meditation, mindfulness, nature



How it works:

There are several different natural landscapes to choose from. In each of them, the application launches a relaxing session with nature sounds, gentle animations (e.g. screen dimming) and a calm visual background, during which you can calm down and relax.

At the top of the screen, there is a green bar that indicates the duration of the activity.

The time and volume of the sounds can be adjusted by clicking on the cogwheel in the sidebar.



It's **smart** to play. 



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