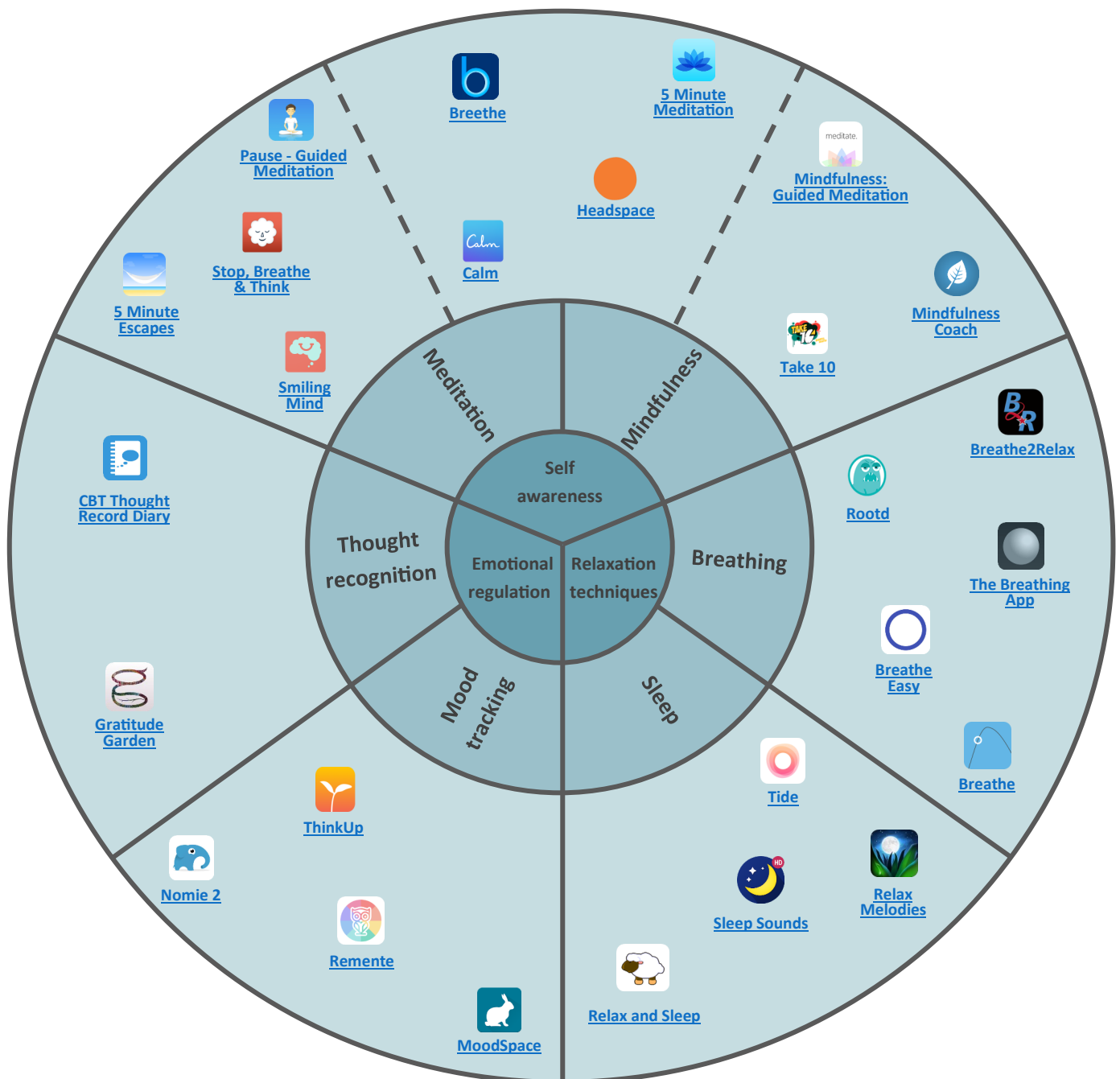


Android Apps Promoting Improved Emotional Intelligence in Teenagers



This wheel contains a selection of apps available on Google Play that empower individuals to develop their own emotional intelligence. The following criterion were used in order to select appropriate apps:

- 1) The contents of the app must be based on scientific research that indicates its effectiveness.
- 2) The app must have received a star rating of no less than 3.5 on either Google Play or the Apple Store.
- 3) There must be no option to access within-app messaging or online communities.
- 4) The app must be free to use.

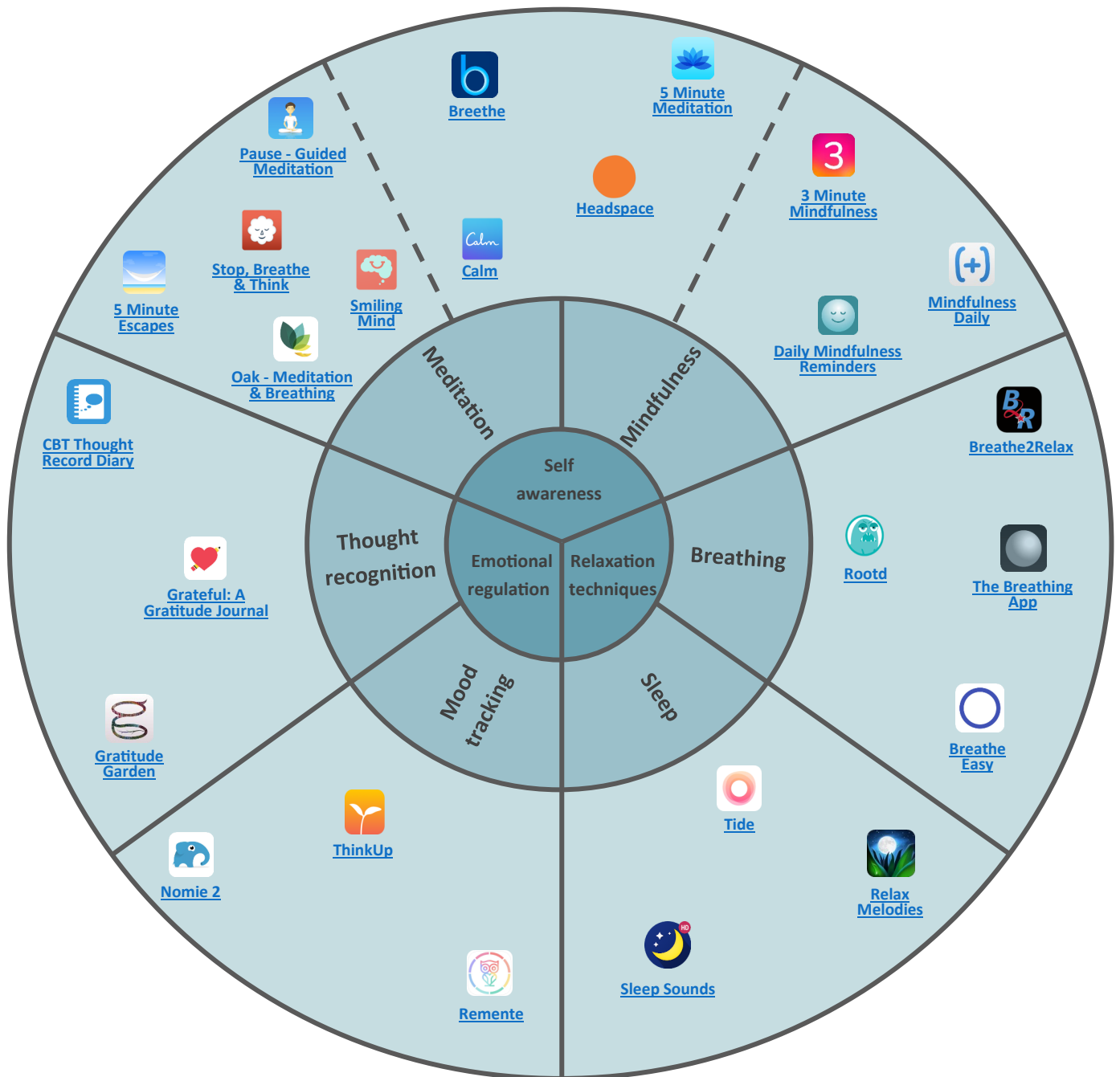
Application of these criteria means that all apps are evidence-based and user friendly and ensures that users have equal access regardless of socioeconomic status and are protected with regard to online safety.

Some apps have sections that address multiple categories included in the wheel, but in order to save space they have been placed in the category that is most relevant to the app.

In the electronic version of this chart, blue app names are hyperlinks that take you to the individual app's page on the Google Play site in the UK. All links work at time of production of this chart in September 2018.

The design of this app wheel is based on CALL Scotland's *iPad Apps for Learners with Dyslexia/ Reading and Writing Difficulties*.

Apple Apps Promoting Improved Emotional Intelligence in Teenagers



This wheel contains a selection of apps available on the Apple Store that empower individuals to develop their own emotional intelligence. The following criterion were used in order to select appropriate apps:

- 1) The contents of the app must be based on scientific research that indicates its effectiveness.
- 2) The app must have received a star rating of no less than 3.5 on either Google Play or the Apple Store.
- 3) There must be no option to access within-app messaging or online communities.
- 4) The app must be free to use.

Application of these criteria means that all apps are evidence-based and user friendly and ensures that users have equal access regardless of socioeconomic status and are protected with regard to online safety.

Some apps have sections that address multiple categories included in the wheel, but in order to save space they have been placed in the category that is most relevant to the app.

In the electronic version of this chart, blue app names are hyperlinks that take you to the individual app's page on the Google Play site in the UK. All links work at time of production of this chart in September 2018.

The design of this app wheel is based on CALL Scotland's *iPad Apps for Learners with Dyslexia/ Reading and Writing Difficulties*.