

 Amanda Mc Guinness

# Apps for Autistic Well Being

[www.littlepuddins.ie](http://www.littlepuddins.ie)





### **Antistress**

Android and IOS  
Interactive fidgets and  
games to help alleviate  
stress



### **Finch**

Android and IOS  
Self Care Journal and  
Habit Tracker



### **Sweepy**

Android and IOS  
Home cleaning scheduling  
app - turns cleaning in to a  
game



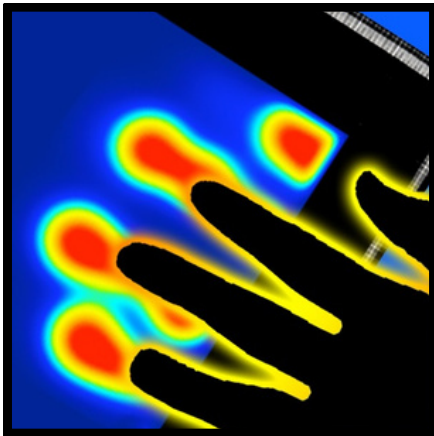
### **Better Sleep**

Android and IOS  
Supports calmer,  
better sleep



### **Fluid**

Android and IOS  
Interactive visual stimulation  
app that relieves stress



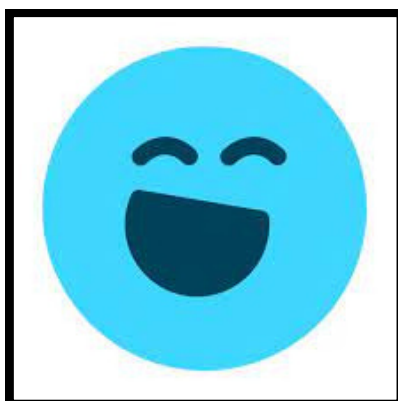
### **Heat Pad**

IOS  
Reacts to your fingers to  
create patterns of  
different modalities such  
as rainbows and flames.



### **Mesmerize**

IOS and Android  
Engaging visuals with relaxing  
music and guided meditations  
to give you an all  
encompassing meditation  
experience



### **Tappy Fidget**

Android and IOS  
Tapping and sliding with  
incredible haptic responses  
and delightful sound effects