

# Inclusive Ideas

## **Miracle Modus**

The Miracle Modus is an app that was designed by someone living with Autism, who wanted an outlet that would help during periods of sensory overload. The app infuses rainbow colors with soft bells, in a soothing way, to help alleviate symptoms of sensory overload. Not only is this app useful if you're experiencing periods of high stress, but it's also helpful when winding down after a long day. The app is available both on the Google Play Store and on the Apple Store.

<https://apps.apple.com/gb/app/miracle-modus/id555904748>



Image shows screen shot of the app with circular lines in different colours starting from center to the edge