

	Base order	Category	Finch	A Kinder World [1]	Amaru	Guardians: Unite the Realm	Tappy [2]		Finch	A Kinder World [3]	Amaru	Guardians: Unite the Realm	Tappy [4]	
All Features														
Mood/Emotion	2	Mood/Emotion	Mood/Emotion	Mood/Emotion	Mood/Emotion	Mood/Emotion	Mood/Emotion		3.7	2.3	2.3	1.0	3.0	
mood check-ins	3	Mood/Emotion					[5]		5	1	1	1	3 [6]	
mood tracking	4	Mood/Emotion					[7]		5	1	5	1	5 [8]	
emotional naming	5	Mood/Emotion							1	5	1	1	1	
Goals	6	Goals	Goals	Goals	Goals	Goals	Goals		5.0	1.0	1.9	3.9	1.0	
catalogue of goals	7	Goals	[9]						5 [10]	1	5	5	1	App's capabilities define the feature
customization of self-care	8	Goals	[11]		[12]	[13]			5 [14]	1	3 [15]	5 [16]	1	App has advanced feature capabilities
goal tracker	9	Goals							5	1	1	1	1	App has moderate feature capabilities
Social goals	10	Goals							5	1	1	5	1	App has minimal feature capabilities
Health goals	11	Goals							5	1	1	1	1	App does not have feature
Cleanliness	12	Goals							5	1	1	5	1	
Creative goals	13	Goals							5	1	1	5	1	
Journal	14	Journal	Journal	Journal	Journal	Journal	Journal		4.0	1.8	3.4	1.0	2.6	
freeform journal	15	Journal					[17]		5	1	5	1	5 [18]	
reflections	16	Journal							5	1	1	1	1	
gratitude journal	17	Journal							1	1	5	1	1	
daily gratitude	18	Journal	[19]						4 [20]	5	1	1	1	
venting	19	Journal			[21]		[22]		5	1	5 [23]	1	5 [24]	
Relaxation	20	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation		3.2	2.6	4.0	1.8	4.2	
Ambient music / background sounds	21	Relaxation							2	5	4	5	1	
soundscapes	22	Relaxation					[25]		5	1	5	1	5 [26]	
haptics	23	Relaxation							1	1	1	1	5	
meditation	24	Relaxation	[27]				[28]		3 [29]	1	5	1	5 [30]	
breathing exercises	25	Relaxation	[31]				[32]		5 [33]	5	5	1	5 [34]	
Rewards	26	Rewards	Rewards	Rewards	Rewards	Rewards	Rewards		5.0	3.0	4.3	3.7	1.3	
in-game currency	27	Rewards		[35]					5	4 [36]	5	5	1	
reward system	28	Rewards		[37]		[38]			5	4 [39]	5	5 [40]	1	
sleep improvement	29	Rewards			[41]		[42]		5	1	3 [43]	1	2 [44]	
Physical activities	30	Physical activities	Physical activities	Physical activities	Physical activities	Physical activities	Physical activities		3.4	1.0	1.0	4.2	1.0	
yoga	31	Physical activities							5	1	1	1	1	
dancing	32	Physical activities							1	1	1	5	1	
walking	33	Physical activities				[45]			1	1	1	5 [46]	1	
exercise	34	Physical activities							5	1	1	5	1	
stretching	35	Physical activities							5	1	1	5	1	
Guided Exercises	36	Guided Exercises	Guided Exercises	Guided Exercises	Guided Exercises	Guided Exercises	Guided Exercises		5.0	1.0	3.7	1.0	1.0	
Grounding exercises	37	Guided Exercises							5	1	5	1	1	
Processing Grief	38	Guided Exercises							5	1	1	1	1	
CBT	39	Guided Exercises							5	1	5	1	1	
Other	40	Other	Other	Other	Other	Other	Other		3.7	1.7	2.0	1.7	4.3	
mini games	41	Other					[47]		1	1	5	5	5 [48]	
motivational quotes	42	Other			[49]		[50]		5	1	3 [51]	1	5 [52]	
daily affirmations	43	Other							5	1	1	1	5	
mental health quizzes	44	Other	[53]						5 [54]	1	1	1	1	
additional tips	45	Other					[55]		1	1	1	1	5 [56]	
connect with other players	46	Other	[57]				[58]		5 [59]	5	1	1	5 [60]	
taking care of a "pet"	47	taking care of a "pet"	taking care of a "pet"	taking care of a "pet"	taking care of a "pet"	taking care of a "pet"	taking care of a "pet"		4.3	2.7	3.9	2.7	1.4	
"pet" never dies	48	taking care of a "pet"		[61]		[62]			5	5 [63]	5	3 [64]	1	
"pet" has a health/energy bar	49	taking care of a "pet"				[65]			1	1	5	4 [66]	5	
send on adventures	50	taking care of a "pet"	[67]			[68]			5 [69]	1	5	5 [70]	1	
customize pet	51	taking care of a "pet"		[71]		[72]			5	4 [73]	5	3 [74]	1	
collect more "pets"	52	taking care of a "pet"	[75]	[76]		[77]			4 [78]	5 [79]	1	5 [80]	1	
chat with pet	53	taking care of a "pet"							5	1	1	1	1	
increase friendship level	54	taking care of a "pet"			[81]				5	1	3 [82]	1	1	
feed pet	55	taking care of a "pet"	[83]						4 [84]	1	5	1	1	
grows via self-care	56	taking care of a "pet"	[85]	[86]					5 [87]	5 [88]	5	1	1	

[1] intended for short sessions

[2] More specific to fidgeting

[3] intended for short sessions

[4] More specific to fidgeting

[5] tracker

[6] tracker

[7] Plus Members

[8] Plus Members

[9] first aid (quick list coping skills), act of kindness, timers, soundscapes, movements, breathe, quizzes, reflections, goals

[10] first aid (quick list coping skills), act of kindness, timers, soundscapes, movements, breathe, quizzes, reflections, goals

[11] starts with what is most important to you
choose goals daily
can be custom or choose from collection of pre-made goals

[12] choose goals every day

[13] can either complete custom goals independently or choose from collection of goals

[14] starts with what is most important to you
choose goals daily
can be custom or choose from collection of pre-made goals

[15] choose goals every day
goals are more geared towards guided exercises

[16] can either complete custom goals independently or choose from collection of goals

[17] Plus Members

[18] Plus Members

-Part of the mood tracker

[19] included as a daily goal

[20] included as a daily goal

[21] vent into a burn journal

[22] type in vent notes and send them to nowhere

[23] vent into a burn journal

[24] type in vent notes and send them to nowhere

[25] Basic: nature, ambiance, animals, music, transportation, objects
Plus Members: above + footsteps, white noise

Haptics Only Basic: water dripping, heartbeat, shooting star, infinite

[26] Basic: nature, ambiance, animals, music, transportation, objects
Plus Members: above + footsteps, white noise

Haptics Only Basic: water dripping, heartbeat, shooting star, infinite

[27] meditation timer

[28] guided meditation

[29] meditation timer

[30] guided meditation

[31] time of day, focus, calm, energize

[32] Basic: calm, sleep
Plus Members: relaxation, balance, ease jitters, awake, energy, resonant, reduce stress

[33] time of day, focus, calm, energize

[34] Basic: calm, sleep

Plus Members: relaxation, balance, ease jitters, awake, energy, resonant, reduce stress

[35] dog bones to feed the npc dog

[36] dog bones to feed the npc dog

[37] earn stars on plant cards by reaching plant growth goals (gained through self care)

[38] rewards not affected by the type of self care chosen but can earn rewards by completing self care

[39] earn stars on plant cards by reaching plant growth goals (gained through self care)

[40] rewards not affected by the type of self care chosen but can earn rewards by completing self care

[41] Amaru wakes and sleeps based on goal times

[42] as a goal w/in the breathing exercise feature

[43] Amaru wakes and sleeps based on goal times

[44] as a goal w/in the breathing exercise feature

[45] also running

[46] also running

[47] pop it, tic-tap-toe, escape, tap-out, runner, zen pond, taptris, snake, popper, four in a row, fastest tapper, tappy wars

[48] pop it, tic-tap-toe, escape, tap-out, runner, zen pond, taptris, snake, popper, four in a row, fastest tapper, tappy wars

[49] gratitude glints that appear when goals are completed

[50] daily affirmation

[51] gratitude glints that appear when goals are completed

[52] daily affirmation

[53] anxiety, depression, body appreciation, flourishing, ptsd (free)
pessimism, gratitude, stress (paid)

[54] anxiety, depression, body appreciation, flourishing, ptsd (free)
pessimism, gratitude, stress (paid)

[55] 10 additional tips from experts: meditate, breathe deeply, be present, reach out to social network, tune into your body, laugh, warm compresses, listen to soothing music, exercise, keep gratitude journal

[56] 10 additional tips from experts: meditate, breathe deeply, be present, reach out to social network, tune into your body, laugh, warm compresses, listen to soothing music, exercise, keep gratitude journal

[57] can send referrals, add friends and family to "tree town", send messages/"vibes" to communities and other players

[58] Invite friends to compare scores, see what else they're playing

[59] can send referrals, add friends and family to "tree town", send messages/"vibes" to communities and other players

[60] Invite friends to compare scores, see what else they're playing

[61] plant never dies

[62] They can be merged to combine their powers.

Pets are more like servants than things you care for

[63] plant never dies

[64] They can be merged to combine their powers.

Pets are more like servants than things you care for.

[65] missions use stamina
completing adventures do not use stamina

[66] missions use stamina
completing adventures do not use stamina

[67] Finch comes back sooner with every self-care goal that is achieved

[68] these are called missions

- use stamina (limited)
- need to manage stamina for both pets and yourself

[69] Finch comes back sooner with every self-care goal that is achieved

[70] these are called missions

- use stamina (limited)
- need to manage stamina for both pets and yourself

[71] can customize pot

[72] Can put different hats or clothing on pets.

- Can choose their adventures which changes what powers they grow.
- Can merge pets to combine their powers

[73] can customize pot

[74] Can put different hats or clothing on pets.

- Can choose their adventures which changes what powers they grow.
- Can merge pets to combine their powers

[75] additional micropets can be collected as finch discovers them on adventures

[76] collect more plants by engaging in self care or simply watering

[77] collect more animals that will encourage "guardians" to return to fix and protect the realm

[78] additional micropets can be collected as finch discovers them on adventures

[79] collect more plants by engaging in self care or simply watering

[80] collect more animals that will encourage "guardians" to return to fix and protect the realm

[81] increase bond by feeding, petting, doing self-care

[82] increase bond by feeding, petting, doing self-care

[83] finch finds food on its adventures

[84] finch finds food on its adventures

[85] gains personality traits through chats, gains interests in snacks and music

[86] 2 leaves per day

[87] gains personality traits through chats, gains interests in snacks and music

[88] 2 leaves per day