



Supporting Apps

Below is a list of apps that have been recommended online by a range of Occupational Therapists. They are all free when this list was created. Please ensure your child is supervised when using technology.

Fine motor Skills



Heydooda! Dot to Dot-Dot to Dot" is a classic among the games. With this app, playful learning, laughter and fun comes first. When connecting individual points, the children improve their dexterity and fine motor skills.

Easy Bake- In this app you pick a cupcake mix, stir ingredients together, fill a cupcake pan, bake the cupcakes, and then decorate them. This app can develop :Finger isolation and using two fingers together, Pointing and tapping, Prewriting.



Paint Sparkles Draw - This app includes more than ten awesome categories of drawing and coloring pages to spark the creativity and imagination in your child. This will help develop hand eye coordination and finger dexterity.

Visual Perception.



Friendly Puzzles Children need to use basic shapes to make animals, toys, vehicles and more to complete each puzzle to see it come to life!



Pair-Up is an engaging educational game that will keep your child engaged while developing their cognitive skills, including language, quantitative and reasoning skills development

My Little Suitcase - This is a basic visual memory game that allows for up to 4 players. Kids have to find the matches for all of the items they're going to pack in their suitcase and then guess where they'll be traveling based on the items in their suitcase!

Sensory Regulation

Beat Box This app can provide **auditory** sensory breaks for kids who need lots of extra sound and noise to stay regulated and on track. Lots of cool sounds and beats.

Fluidity This is a really cool app that provides some awesome calming visual stimulation. It's basically like swimming around inside a lava lamp.

Drum Kit Another fun auditory sensory break app. It's just what it sounds like - a mini drum kit for kids to explore!

I Hear Ewe This one has 3 pages of picture cards that kids can tap to explore their sounds (animals and vehicles). We use it as an auditory break or as a sound guessing game (I play a sound and the kids guess what it is).