

Occupational and Physical Therapy Apps for the iPad

App Name	Description	Cost
Bugs and Buttons 1 & 2	Fun games to address motor skills: tap, drag, pinch, and tilt.	\$2.99
Dexterity	Set of therapeutic hand exercises that improve fine motor skills and handwriting readiness in children and adults. The exercises take advantage of the multi-touch interface to help build strength, control, and dexterity.	\$5.99
Dexterity Dots – Get in Touch with Math	Math game that teaches the concepts of number sense, addition, subtraction, and relative size while addressing fine motor and visual motor skills.	\$0.99
Dexterity Dots 2	Helps children practice fine motor, visual motor, and visual memory skills while playing a fun math game that teaches greater than/less than/equal to/from a conceptual standpoint.	\$2.99
Dexterity Jr.	Set of hand and finger exercises that help to develop fine motor skills and handwriting readiness.	\$3.99
Dexterity VMI	Skills covered include visual figure ground, visual discrimination, and visual motor perception.	\$5.99
Finger Paint with Sounds	Non-mess finger painting that reinforces single finger touch and cause/effect.	Free
First Hidden Objects Lite	Improves visual tracking skills.	Free
Highlights for Children	Strengthens attention to detail, concentration, and other cognitive skills along with visual perceptual skills.	Free
iTrace	Teaches handwriting, spelling, and letter identification.	Free
Keyboarding without Tears	Web-based typing program.	Free*
Letter Cross Tracking	Improves visual tracking skills, visual discrimination skills, and spatial relationship skills	Free
Letter Reflex	Fun way to learn the correct orientation for common letters “b” or “d” and “p” or “q” and numbers 3, 6, and 9. The activities use kinesthetic learning to teach mapping of left/right sides and correct letter/number formation.	\$3.99

P.O.V.	Set of activities that teach spatial reasoning skills through fun, challenging, interactive activities. These spatial reasoning activities help develop an understanding of left and right, and math, and mapping skills.	\$3.99
Physical Therapy for Kids	Develops gross motor strength, balance, and coordination using exercises in flash card form, complete with animations.	\$6.99
Spatial Line Puzzles	Improves spatial skills and visual memory skills.	Free
Time Timer	Provides visual timers with the ability to customize, save, and re-use timers with names, colors, alert options, and timer scale options.	\$2.99
Visual Countdown Timer	Visual timer that reveals a fun picture slowly revealing as the timer runs out.	Free
Wet Dry Try	A multisensory approach that teaches children to write letters and numbers with correct habits and without reversals.	\$4.99

**Requires a yearlong license*

Occupational and Physical Therapy Learning Sites and Resources

Website	Hyperlink
Eye Can Learn: Eye Exercises for Visual Health and School Success	http://eyecanlearn.com/
Growing Hands-On Kids	https://www.growinghandsonkids.com/
Learning without Tears	https://www.lwtears.com/
Mama OT: Tips and Tricks for Those Who Care for Children	http://mamaot.com/
Miss Jaime OT: Helping Parents to Help Their Kids	https://www.missjaimeot.com/
Pink Oatmeal: Home Programs for PT and OT	http://pinkoatmeal.com/
The Inspired Treehouse	https://theinspiredtreehouse.com/
The OT Toolbox: Ideas and Tools for Therapists, Teachers and Parents	https://www.theottoolbox.com/

The Sensory Toolbox	https://thesensorytoolbox.com/
Therapy Fun Zone: Where Play is FUNctional	https://therapyfunzone.net/
Typing.com	https://www.typing.com/