

Tablet Apps For Eye-Hand Coordination

These activities require coordination of the muscles of the eyes, hands and fingers to work in precise ways.

Free Android apps. for tablets

- Puzzle 4 Kids - teaches students to click and drag shapes to match puzzle shapes.
- Easy Writing - teaches students to trace upper case letters of the alphabet from the top down.
- Whiteboard - provides the opportunity to draw lines, shapes and create pictures on the tablet.

Free iPad apps.

- Calliou Puzzle - teaches to click and drag shapes onto matching shapes.
- GT shapes Lite - teaches students to trace pre-writing shapes.
- i Write Words Lite- teaches students to trace uppercase and lower case letters.

Hand /Arm/ Whole Body Strengthening Exercises

These activities require the muscles of the hands and arms and coordination of whole body movements with breathing. These activities may be calming and organizing for students. Consider using this as a warm up before homework or fine motor work.

Free Android apps. for tablets

- Yoga for Kids- students can imitate movements to breathe, stretch, and strengthen large and small muscles of the body.

Free iPad apps. for iPad tablet

- Super Stretch- students can imitate movements to breathe, stretch, and strengthen large and small muscles of the body.