



Apps for Occupational Therapy

Jo Booth OTR/L is a working Occupational Therapist who enjoys using Bluebee in her Classrooms. Jo Booth has been an Occupational Therapist for over 35 years, and currently practices at EasterSeals.

Bluebee can help benefit children in meeting their goals in Occupational Therapy. Whether Bluebee is connected through Bluetooth to play apps or music on a tablet, computer, or phone or turned off and engaged in pretend play as a supportive stuffie, Bluebee is an effective tool for the clinic or home based treatment. Below are some of are favorite ways to use Bluebee in Occupational Therapy:

- Bluebee can provide emotional supporting completing given tasks.
- Bluebee can facilitate imitation by demonstrating what you want a child to do.
- Children can compete with Bluebee when engaging in OT/PT sessions. This puts the emphasis on fun which has proven to help with the retention of newly learned skills
- The table can turn so to speak, and clients can “teach” Bluebee how to refine gross and fine motor skills
- Bluebees calm through social stories created with pictures of a child and the voice of a parent or sibling to decrease anxiety. Bluebees help reinforce and maintain self-regulation. By hugging Bluebee, children receive deep pressure and proprioceptive input to help them calm and focus
- Allow kids to foster their curiosity and independence by making decisions of how and what they want to play when with Bluebee.
- Use play with Bluebee as a reward for meeting goals or achievements in OT/PT

Apps for Self-Regulation:

- Daniel Tiger's Grr-ific Feelings by PBS KIDS
- Zen Studios by Edoki Academy
- Breathe, Think, Do by Sesame Street
- Calm by Calm.com

Apps for Sequencing Daily Routines:

- Apps by Heppi (Bedtime, Dinner, School)
- Daniel Tiger's Stop and Go Potty by PBS KIDS
- Apps by Duckie Deck (almost all routines are sequenced in manageable chunks)
- Pepi Bath by Pepi
- Toca Tea Party by Toca Boca

Apps for Fine Motor Skills:

- Dr. Panda Racers by Dr. Panda (pre-writing)
- Handwriting Heroes by Cheryl Bregman
- Montessori Prechool by Edoki
- Ready to Print by Essare

Apps for Praxis or Functional Play: (to be used in conjunction with manipulatives as appropriate)

- Mr. Potato Head: Create and Play by Originator Inc.
- Piko's Blocks + - Spatial Reasoning Learning Tool by CreetaH Ltd.
- Lego Apps® - as with Mr. PotatoHead, you can photograph builds and then record instructions so Bluebee can teach your child how to replicate items from a model without pressure or a demand

Apps for Listening

- Apps/Podcasts Music to Facilitate Sensory-Motor Activities: The Little Gym 20 Sing-Along Songs or GoNoodle Kids by GoNoodle
- Read Aloud Stories by Nosy Crow (podcasts to use with books)