

App List: Sensory & Regulation

This list includes just some of the apps available to support your child in the area of sensory input and regulation. This list includes a variety of free and paid apps. Please choose those activities that best reflect the needs and capabilities of your family.

For sensory and regulation, the apps have been divided into the following categories:

- **Emerging Skills (ES):** Apps in this area focus on exploration and learning more about different ways the body receives and processes information. These apps do not address all sensory systems due to app and electronics limitations.
- **Skill Building (SB):** These apps work on distinguishing sensory input and emotions and introduces some simple regulation strategies.
- **Skill Refinement (SR):** This includes additional strategy options for students to add to their 'toolbox'.
- **General (G):** These are fun and interesting for all ages and developmental levels!

*Note that different skills may develop at different rates within individuals.

App	Description	Price Range*	Skill Progression**
Plazma 	By Sensory App House iOS only Interactive visual input. Switch accessible. Other app variations from Sensory App House available (e.g., electra, mandala paint, AiR, and magma).	FREE	ES, G
Heat Pad 	By Padadaz iOS only Doodle and explore different 'heat-sensitive' surfaces.	FREE In-app purchases	ES
Finger Paint with Sounds 	By Inclusive Technology Ltd iOS only Explore touch with color, sounds or music. Multi-touch and single-touch options available. Switch accessible.	FREE	ES, G

*Price Ranges: FREE, \$ 0-4.99, \$\$ 5-9.99, \$\$\$ 10+

** Skill Progression: **ES** Emerging Skills, **SB** Skill Building, **SR** Skill Refinement, **G** General

Smarty Pants 	By Inclusive Technology Ltd iOS only Recognize and explore different feelings. Switch accessible and uses black background for visual support.	\$	ES, SB
Super Stretch Yoga HD 	By The Adventures of Super Stretch, LLC. iOS & Android Move and breathe as Super Stretch introduces you to his friends and their yoga poses.	FREE	SB, SR
Breathe, Think, Do with Sesame 	By Sesame Street. iOS & Android A Sesame Street monster guides you through regulation and breathing activities. You can personalize encouraging phrases too!	FREE	ES, SB
Joy Doodle: Movie Color & Draw 	By Bejoy Mobile. iOS & similar app on Android Visual input where you doodle with magical brushes.	FREE In-app purchases	SB, G
Quiver – 3D Coloring App 	By QuiverVision Limited. iOS & Android Coloring pages come to life through augmented technology. Includes various characters, education pages and more.	FREE In-app purchases	SR, G
Emotionary 	By Funny Feelings iOS (iPhone only) Learn about emotions with short, simple descriptions. Starts with primary emotions (e.g., joy) then breaks it down to more specific feelings (e.g., grateful, happy, inspired).	FREE Paid version available - \$	SR, G
Calm: Sleep, Meditate, Relax 	By Calm.com iOS & Android App features guided meditation, breathing programs, stretching exercises and relaxing music. Includes various mindfulness topics (e.g., anxiety, stress, calm kids). Some features only accessible with paid subscription.	FREE Paid subscription available - \$\$\$	SR, G

*Price Ranges: FREE, \$ 0-4.99, \$\$ 5-9.99, \$\$\$ 10+

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