

Dexteria

This app is a set of therapeutic hand exercises that improve fine motor skills. There are 3 activities – one requires the person to isolate fingers and press buttons while keeping the thumb in one spot- this works on finger isolation, motor planning, and sequencing, one works on a pinch – this works on fine motor movements needed for holding a pencil and picking up objects- the other is handwriting (print). This app is great for all ages because it does not look like a child's game, and it is quite engaging.



Picture shows a screenshot of different types of app games promoting fine motor skills

<https://apps.apple.com/us/app/dexteria-fine-motor-skill-development/id420464455>