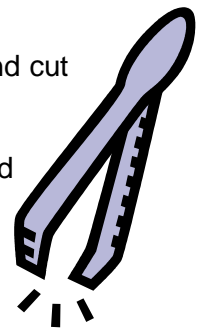
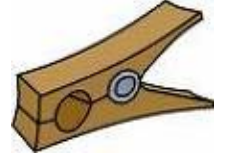




## HAND STRENGTHENING ACTIVITY IDEAS

1. Pinch clothespins onto the edge of a container or pick things up with the clothespins.
2. Squeeze bottles – blow out air to move light objects across a table (e.g. ping-pong balls, cotton balls, feathers). Make it more fun by having a race or play a game of “hockey”.
3. Use sponges or squeeze toys when playing in water. Encourage pouring water between containers during water play as well as pouring from a small watering can to water plants. Alternately, you can use a spray bottle to water plants.
4. On a chalk board, sidewalk or white board practice draw different shapes and encourage large movements such as figure 8’s and circles (to promote crossing the midline and strengthening shoulder musculature).
5. Construction kits with nuts and bolts, pop beads, and other interlocking toys that can be manipulated.
6. Pop bubble packaging material.
7. Use a hole punch (may have to use both hands). Can punch holes in paper and then use it as a “sewing card” using wool and a thick needle or masking tape on the end of the yarn.
8. Crumpling paper for art activities, using just one hand, progressing from tissue paper to construction paper, which requires more strength; or crushing newspaper into balls for throwing at targets.
9. Use stamps and stamp pads with a variety of sizes of small handles to encourage different pinch patterns.
10. Use spoons to mix, potato mashers, manual egg beaters, whisks, or juice extractors in cooking activities.
11. Play with playdough or silly putty – squeeze, roll, pinch and cut with scissors and cut out shapes with use of cookie cutters.
12. With a set of salad servers, tongs, and/or tweezers, use the index finger and thumb to pick up various objects of different sizes and shapes out of containers.
13. Have races with wind-up toys.
14. Provide jars with attractive objects inside (such as stickers, stars, small rubber animals) which require the child to screw the lids on and off. The lids can be placed loosely on initially, and then progressively get tighter.
15. Play with Lite-Brite.



16. Use any kind of squeezing, pinching, poking or rolling activities to develop the necessary muscles for good control, e.g. eye droppers, use clothes pegs to pick things up, turkey basters, clay or play dough, popping bubble wrap.
17. Gross motor activities, e.g. pushing/pulling, tug-of-war, scooter board – prone propel with hands, wheelbarrow walking, animal walks, crawling, and climbing.

