



## Goal: To Build Pincer Strength and Grip Strength

### Activities:

- **Squeeze Ball:** Warm up your hands by squeezing a ball or fidget 10 times with each hand!
- **Bubble wrap:** Remember to only use your pinch fingers!
- **Moving pompoms or cotton balls with tweezers:** Have a pompom moving race!
- **Clothes Pins:** Pin them on a friend's clothing, then let a friend pin them on your clothing!
- **Top spinning race:** Spin a top for as long as you can. See who can spin it for the longest!
- **Rip paper to make a collage!**
- **Make designs with masking tape on the floor:** You can only use your hands to rip the tape. Don't forget to clean up and peel the tape off the floor to make a big tape ball.