
Hand Strengthening Activities

- Playdoh, clay, silly putty: squeeze with the whole arm to soften dough and increase overall hand strength.
- Roll the dough on a table to make snakes, using 1 hand and then the other and then together
- Pinch dough, poke dough, etc.
- Squirt bottles: spray plants, chalkboard, etc.
- Scissors: cut paper of different thickness. Thumb should be facing up when cutting.
- Tweezers/tongs: use to pick up small objects
- Clothes pins: practice opening and closing them, decorate a cup/plate. Place clothes pins on sleeves and have child remove them. This works on crossing midline.
- Tear paper into little pieces
- Tissue art: roll small pieces of tissue paper into small balls and glue on to paper to make a design.