

## **HAND STRENGTHENING ACTIVITIES**

- Squeeze and spray bottles – water plants, use colour and/or soapy water to make designs on the sidewalk
- Resistive media – clay, putty, play dough,
  - a. Add textures such as rice, beans, popcorn kernels and/or hide items, such as marbles, beads, pennies, to find
  - b. Roll into a ball with your hands and press flat with the palms of your hands, roll it out into a thin sheet with a rolling pin
  - c. Make imprints and shapes with cookie cutters and other items
  - d. Cut with a knife or scissors
- Cooking and Baking – stir, mix, knead, pinch pie crusts, press cookie cutters
- Construction games – Legos, Tinker Toys
- Exercise bands and tubing – pulling and stretching. Hand strengthening balls – fill balloons with different materials such as flour, rice, beans, etc.
- Use of tools such as screwdrivers and hammers
- Opening jars – twisting off lids, using can openers
- Wringing out sponges and towels - helping with washing cars and windows, wiping the table
- Animal Walks – crab, bear, donkey kicks, seal, etc.
- Climbing and Hanging from the monkey bars
- Placing clothespins on the edge of a can, or on cardboard
- Peg games and toys – Lite Brite, Battleship, MasterMind, Mr. Potato Head and Cooties.
- Use tongs to pick up various sized objects.
- Popping bubble wrap
- Arts and Crafts
  - a. Eye droppers to make designs on filter paper
  - b. Single hole-puncher or scrap booking punches
  - c. Ripping paper, crumpling paper balls and making a picture
  - d. Cutting various thickness of paper
- Pushing and Pulling - propelling a swing, tug-of-war, moving furniture, vacuuming, making the bed (lift up the mattress, turn the mattress around)
- Carrying – taking out the trash, helping with yard work, carrying groceries or laundry