

# Activities to Promote Hand Strengthening

To be able to properly hold a pencil, the hand must be strong enough to maintain an open web space or to use the thumb in opposition. Make sure when your child begins one of these activities, that the thumb is grasped around the object and not just placed along side of the index finger (thus not using the thumb). If your child positions his or her thumb properly, they can do these items with minimal supervision.

- 1. Squirt Bottles** Use a squeeze bottles to mist household plants. Use it to make spray pictures on a chalk board. Squirting off shaving cream off the shower wall with a spray bottle filled with water colored by food color is a popular activity! It also works best for hand development, to teach your child to place the ring, little fingers around the neck of the bottle and use the index and middle fingers to activate the trigger.
- 2. Sopping Sponges** Use a half cylinder foam or sponge to sop up water and then squeeze it to transfer the water to another container.
- 3. Animal Walks** Do different kinds of walking on hands, the wheelbarrow walk, bear walk, crabwalk.
- 4. Playground Equipment** Let your child spend time playing on playground equipment, the monkey bars, a swing. Anything that encourages gripping by the hands. Be sure that the thumb is played around the bottom of the bars and not beside the index finger.
- 5. PVC Pipe Building** If you happen to have PVC pipe pieces, let your child use it to build objects with.
- 6. Tearing/Cutting with Scissors** Before cutting, try tearing paper. Cutting with scissors on different thicknesses of paper. Be sure that your child holds his/her scissors with the index finger not in the loop, but resting under the loop to better guide the scissors around curves.
- 7. Stirring** Cooking activities that require stirring (especially mixing ingredients) are excellent for developing hand strength.
- 8. Cookie Press** Squeezing soft playdough, cookie dough or flubber through a cookie press is great for hand strengthening. Be sure to adjust the consistency of the dough so it is soft enough that the child is successful but somewhat challenged.
- 9. Hole Punch** Using a hole punch on various thickness of paper. Fiskars makes a “Teeny Tiny Cassette Punch” with exchangeable cassettes that children find fun to punch out various shapes. They will keep punching until their hand is tired!
- 10. Opening Jars** Screwing and unscrewing jar lids can help to develop hand strength. The amount of strength needed can be graded by how tightly the lids are put on. Try "hiding" little manipulatives inside to make it more of a game.
- 11. Carrying Tote Bags** Carrying tote bags or case with a handle that is heavy, but manageable. Look for handles that are thick enough to open the up the web space (area between the thumb and index fingers).
- 12. Tug of War** Playing tug of war with a friend or dog. Try using a soft rope with a wide diameter or a rolled up towel. It's also fun to pull a friend lying on a towel.
- 13. Bulb Lanch Rockets** – at dollar stores and therapy catalogs, there are rockets that are launched by air forcefully squeezed from a bulb to propel the rocket off the top. Children adore these, and will give their hand quite a workout.
- 14. Play Dough** Playing with play dough or modeling clay can help to develop hand strength. Using the kitchen rolling pin on the play dough is another way to add another strengthening activity to the play.
- 15. Pop Beads** Pushing together and pulling apart can help to develop hand strength.