

# Activities for Elementary Students to Develop Hand Grip and Pinch Strength

- Pop-beads and other interlocking toys that can be pulled apart and pushed together
- Templates and textures surfaces for scribbling on
- Plant sprayers and squirt guns
  - Spray plants or water grass
  - Mix with food coloring and make designs
- Clothespins – clip onto edges of boxes or jars
- Eyedroppers – drop colored water onto tissue paper or paper toweling to make “dribble pictures”
- Tear and crumble paper
  - Tear newspaper into strips and stuff into a snowman, scarecrow or other art creation
  - Tear recyclable mail and magazines, crumble and put in the recycling
  - Tear tissue paper and/or roll small scraps of tissue paper into tiny balls and glue onto construction paper to form a picture
- Sponges and dishcloths – squeeze or wring out water
- Hammering sets and beginning carpentry sets
- Squeeze toys
- Playdough, clay or putty
  - Mold and roll playdough into tiny balls or “snakes”
  - Draw designs with toothpicks
  - Roll out with a rolling pin or flatten with the palm of the hand
  - Use a butter knife or pizza cutter to cut lines and shapes
- Dice games – cup dice in hands and shake (activities for counting tasks can be used)
- Tweezers – pick up cheerios, beads or other small objects
- Wind-up toys
- Duplo and Lego building sets
- Construction sets with small nuts and bolts
- Stamps and stamp pads with a variety of handle sizes to encourage different pinch patterns
- Lacing activities
  - Lacing cards
  - Cut up straws, beads, Cheerios, Fruit Loops, etc can be used for stringing
- Cooking activities
  - Tear lettuce
  - Roll cookie dough into balls
  - Press out pizza crust
  - Shake sprinkles onto cookies
- Games with finger puppets