

Activities for the Older Student to Develop Hand Grip and Pinch Strength

- Palm flat on the table, or over the edge of table or book; raise and lower fingers one by one
- Place hand flat on table; spread fingers apart, then bring them back together
- Make an “O” by touching thumb to fingertips one at a time
- Make a fist, squeeze tightly, then straighten fingers
- Unroll an ace bandage across the table by straightening out fingers
- Crumble a sheet of paper into a small ball by placing one hand flat on the table and gathering fingers into the palm
- Pick up various size objects (such as coins, beans, marbles, buttons, nails, bolts) and put them into a container.
- Play games that utilize finger motion will help improve finger coordination and strength such as Checkers, Chess, Puzzles, Cribbage
- Manipulate nuts and bolts and turn screws
- Open and close safety pins
- Button and unbutton buttons
- Handwriting, copy newspapers or magazine articles, write letters, etc
- Tie knots
- Make a fist, squeeze tightly, then straighten fingers
- Type on a keyboard
- Wring or squeeze water from a wet sponge
- Cut heavy paper or cloth with large scissors
- Use tweezers to pick up small items
- Pinch a ball of clay or putty and attempt to pull it apart
- Complete household activities such as: wash/dry dishes, dust, sweep, vacuum, fold clothes, wash windows, wrap, paint, carry groceries
- Wrap a rubber band around your fingers and spread them apart
- Clip clothespins onto the edge of a box, manila folder, rope or pencil
- Practice shuffling cards and then remove them from the deck one at a time