

Finger Extension Strengthening

Activities that promote finger extension:

- Hand art: Draw around spread hand (Thanksgiving turkey)
- Frog hop races or “Ants in the Pants” game
- Finger puppets
- Cat's Cradle activities
- Crawl on hands and knees
- Animal walks
- Pool activities- swimming, treading water, splashing, waves, etc.
- Roll snakes in play dough with your hand
- Rubberband exercises
- Flicking objects. Play cotton ball football- flick cotton ball over the goal
- Play with a yo-yo
- Play with finger paint
- Waving good bye
- Rolling a medium sized ball on a table
- Place your hand on a table and try to lift each finger off the table surface



Perform ____ activities for ____ minutes per day using the left hand right hand
Therapist: _____ Date: _____