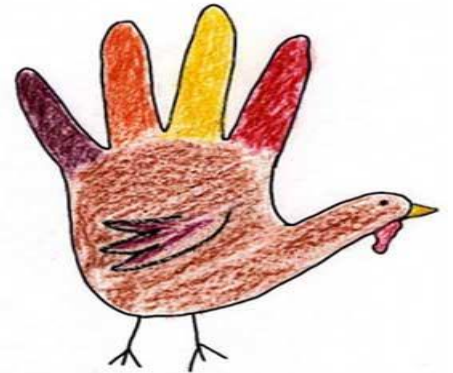


Finger Flexion and Extension Strengthening

Activities that promote finger flexion:

- Find small and large objects in a container of beans or rice
- Nerf dart
- Handwriting
- Color and dot to dot activities
- Pick up different size objects (e.g. blocks, marbles, cottonballs, beads, beans pennies) one at a time and see how many you can hold
- Make balls of play dough with the fingertips
- Hold cards and turn them over
- Hold a plastic bottle and open it
- Play Operation board game
- Use tongs or tweezers to pick up cottonballs, beads, and other small objects
- Ring toss
- Put a slit in a tennis ball, squeeze it, and place small objects inside



Activities that promote finger extension:

- Trace around your fingers when spread out and color it to make a turkey
- Frog hop races or “Ants in the Pants” game
- Finger puppets
- Cat's Cradle activities
- Crawl on hands and knees with hands flat on floor
- Animal walks: bear, crab
- Pool activities- swim, tread water, splash, make waves, etc.
- Roll snakes in play dough with hands flat
- Rubberband exercises
- Cotton ball football- flick the cotton ball over the goal
- Yo-yo

