

Hand Strengthening Activities

Activities that promote hand strength:

- Play tug of war
- Climb monkey bars or ladders
- Carry toolboxes, purses, or buckets with heavy objects in them
- Play in a sand pit or garden using digging tools
- Squeeze out a sponge to help wash cars or toys
- Stand opposite your child and place your palms against your child's palms then try to push each other over
- Tear up paper to make a collage
- Manipulate play dough: squeezing, pinching, rolling, smooshing to make a ball, pancake or snake shape
- Make play dough sausages and cut with a plastic knife
- Use a spray bottle to water plants, spray at a target outside, clean windows
- Play with wind-up toys
- Pull apart toys like Legos or Duplos
- Use tweezers to pick up small beads or cotton balls
- Sharpen pencils with a handheld pencil sharpener
- Cook: mix, stir, use a rolling pin
- Support your body weight: yoga, crawling, wheel barrow walking
- Use a hole punch to create confetti
- Stapler / scissor activity to make a paper chain, assemble a mini book



Perform _____ activities for _____ minutes per day using the left hand right hand

Therapist: _____ Date: _____