

Pinch Strength and Control

Activities that promote pinch strength and control:

- Roll out play dough into a pancake or snake shape. Pinch off and roll into small balls. Cut with scissors or plastic knife.
- Eye droppers: Place drops of colored water on a paper towel or coffee filter
- Pop beads or Legos- Pull apart and push together
- String beads
- Use clothespins to pick up cotton balls or other small objects. Clamp clothespins around the edge of a container.
- Lite Brite
- Squirt guns- Squirt water at balloons to push them across a finish line or squirt water at balloons to keep them up in the air.
- Wooden knob puzzles
- Wind-up toys
- Stamp pads and stamps
- Pick up items with tongs or tweezers
- Dressing boards or dolls with snaps, buttons, and zippers
- Games: Jenga, Pick Up Sticks, Don't Spill the Beans, Operation
- Place coins in a piggy bank
- Bang cymbals together
- Strum a guitar
- Play the piano using individual fingers



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

Therapist: _____