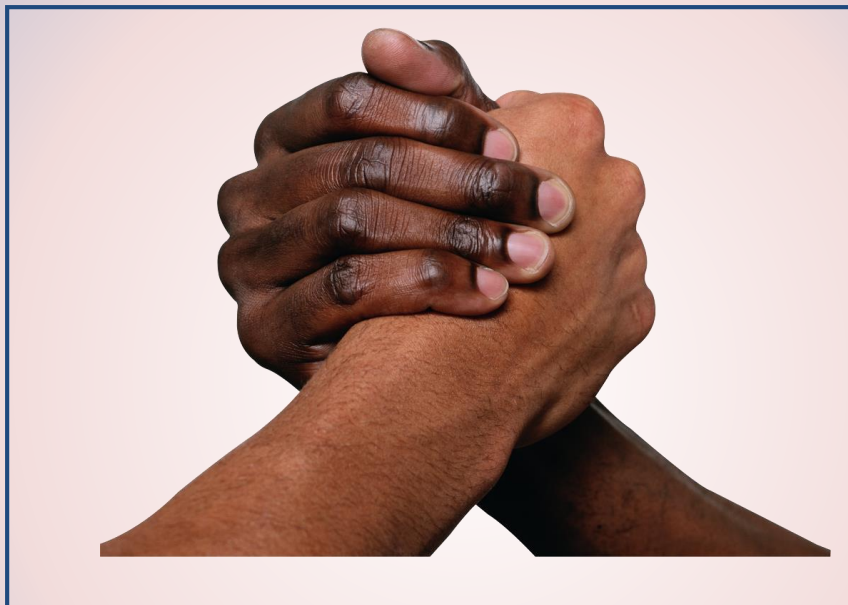


HAND STRENGTHENING ACTIVITIES



Try to integrate throughout the day

- Squeeze putty into a ball and pinch ends with thumb and finger
- Spin a top with index and pointer finger –instead of rolling a dice
- Put pennies into a yogurt pot container through cut in lid.
- Use clothespins to pick up manipulatives.
- Make shapes with theraputty.
- Open and close jar lids and zip-loc baggies.
- Put together and pull apart pop beads and Legos
- Tear and cut paper.
- Work on a vertical surface.
- Allow work on all fours or propped on elbows on the floor.
- Pop bubble wrap – write numbers under /color bubble and have child pop specific bubbles