

Hand/Finger Strength Activities

Theraputty

Theraputty can be purchased in a range of strengths. It can be pulled apart and rolled using the whole hand to strengthen the hand, pulling it apart using individual fingers and thumbs will strengthen the fingers. Hiding objects inside the Theraputty makes it more interesting for the child, the object inside could also be linked to targets from the child's individual plan – letters, sounds, and numbers.

Playdough

Squeezing and stretching it helps strengthen fingers muscles and touching it is valuable sensory experience.

Finger Painting

Using finger paint can strengthen a child's hand-eye coordination and manual dexterity.

Squeezing Sponges

Set up two spate bowls, one filled with water and the other empty. Give the child a sponge and their aim is to transfer the water into empty bowl. This simple game can strengthen hands and forearms, time them to make it more interesting.

Lego

Use Lego to build a range of items.

Bubble Wrap

Squeeze bubble wrap in-between thumb and fingers.

Threading

Thread beads onto a string, if the child finds this easy, use straws that are cut up instead.

Finger Exercises

Complete exercises regularly with fingers and thumbs, bending them and moving them in a range of directions.

Pipe Cleaners

Create shapes and objects by manipulating pipe cleaners.

Finger Football

Use scrunched up paper to create a ball, flick the ball towards the goal.

Pincer Grip Activities

Picking up small items, squeezing pegs, using tweezers and using finger puppets.

Wrist Strengthening Activities

Play with screw toys, opening screw tops and sharpening pencils

Tearing Paper

Tear up paper for pasting or collage activities

Tweezers

Use plastic tweezers to pick up objects, this activity can be played as part of a game, the objects can also be linked to the child's individual targets

Water Plants

Water plants using a spray bottle