

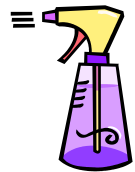
HAND STRENGTH

What is Hand Strength?

Hand strength is the ability of the small muscles of the hands to complete activities without using the bigger muscles of the arms and shoulders.

Why is hand strength important?

- To participate in self-care activities (i.e. holding toothbrush or spoon)
- To get ready for kindergarten (i.e. cutting, colouring)
- To play (i.e. building, puzzles)



How do I help my child work on hand strength?

- Opening and closing containers
- Filling and dumping containers with water, sand, rice, etc.
- Heavy work activities around the home (e.g. carrying grocery bags, pushing/pulling laundry basket, sweeping)
- Tug of war
- Squeezing glue bottles, spray bottles, foam balls, or stress balls
- Construction toys that push together and come apart (e.g. Duplo, snap beads)
- Stretching toys (e.g. fidgets)
- Pulling pop tubes
- Create Mr. Tennis ball. Cut a slit as mouth in tennis ball, squeeze the ball to open the mouth and then feed it with objects (e.g. erasers, pompoms)
- Coloring, cutting, tearing paper, using hole punches
- Playdoh games
 - Make balls and snakes of different sizes
 - Wrap snake around closed hand and then slowly open fingers to “break” the snake
 - Squish playdoh between thumb and fingers or in between each finger
 - Cut snakes with scissors or pretend knives
 - Find things hidden in playdoh



Revised 2015