**Hand Strengthening Activities:**

1.  Play with playdough, slime, putty or dough. Make different shapes or letters with it.

2.  Squeezing water out the sponge then wash the table with it.

3.  Set up a fake clothes line and use clothespins or chip clips to hang up different items.

4.  Use tongs or tweezers to pick up small items (pompoms, beads, marbles, beans or cotton balls) and put into a bowl or muffin tin and sort into colors.

5.  Have a tong relay, have different objects that can be picked up around the house and have your child bring them back to the table.

6.  Using marshmallows and tooth picks create different structures with them.

7.  Use golf tees to poke different patterns into Styrofoam or pins into corkboard.

8.  Use an Eye dropper and food coloring to change or mix colors.

9.  Put rubber bands around different objects.

10.  Make a craft using different objects like a hole punch, stickers, glue, scissors (use different thicknesses of paper), stamps and ink pads, tape, tissue paper (have your child rip the tissue paper into pieces), paint, puffy paint.

11.  Play and build with Legos or blocks.

12.  Use a turkey baster to make pompoms or cotton balls roll across the table or ground.

13.  Play with spray bottles by squeezing either outside on the concrete or in the bath.

14.  Draw or color a picture while having it taped to the wall or any vertical surface.

15.  Using newspaper, magazine or scrap paper, scrunch each piece into small balls and then throw them into a bucket or aim at a target.

16.  Have your child help make the grocery list, find items at the grocery store, carry bags into the house, and help to put some items away.

17.  Cook or make a snack with your child including mixing, sifting, kneading, rolling pin or cookie cutter. Allow your child to open all the ingredients being used and help to stir, mix, and make.

18.  Using a hole-punch, create a pattern, shape, letter, etc. of holes in paper, and have your child weave the holes using a shoe lace or string.

19.  Play tug of war using a twisted-up towel or different object.

20.  Have your child deal out the cards while playing a game like Uno or Go Fish.

21.  Have your child open and close the toothpaste cap and squeeze it onto their toothbrush.

22.  Have your child complete a puzzle while laying on their tummy or have them lay with their tummy on a large ball if you have one.

23.  Cut a slit into a tennis ball and draw eyes on it. Have your child “feed” the tennis balls different objects by squeezing the sides of the tennis ball.

24.  Using any size ball, have your child walk the ball up and down their leg using their fingers, have them sing a song, count or say the alphabet as they roll.

25.  While relaxing or watching tv have your child squeeze a stress ball.

26.  Have a wheelbarrow walking and animal crawl (bear and crab) race.

27.  Take an empty container (i.e.: butter, cottage cheese, sour cream), cut a slit on the lid, and have your child push marbles or any small objects through the hole using 1 finger.

28.  Place a pile of objects, such as marbles, on one side of your child and a box or bowl on the other side of them. Have your child pick up a marble with one hand and place in into the palm of the other hand, close the fingers around the marble to make a fist. Then release the marble into the box or bowl.

29.  Put your hand palm down fingers outstretched onto a small face towel. Use only your fingers to try and get the entire towel into a ball in your palm.

30.  String popcorn, buttons, or beads to make different designs for necklaces or bracelets, try using pipe cleaners, string, or yarn.

31.  Cut a sponge into small pieces, use those small pieces to stamp or paint a picture

32.  Form pipe cleaners into letters or shapes, spell out your child’s name or simple words

33.  Give your child several coins and have them fill a piggy bank or container with a slit in it

34.  Practice clothing fasteners on clothing items such as buttons, snaps, and zippers

35.  Color a picture for someone, decorate it with stamps and stickers and then mail it to them - work on peeling the stamp, sealing the envelope and writing their name/address