











## Children's Occupational Therapy Service

# Activities to Improve Hand Strength



**These activities will help to develop your child's hand strength and ability to control fine finger movements.**



-  Using playdough or modelling clay:
  - squeezing in the hand, so it comes out between your fingers
  - pinching and pulling between your thumb and index finger to form snakes, dinosaurs, starfish, etc.
-  Bursting bubble wrap by pinching it between the thumb and index finger.
-  Squeezable/compressible ball to squeeze regularly.
-  Scrunching paper and playing paper basketball.
-  Typing on a keyboard or a typewriter (which requires more force).
-  Cooking activities - shelling peas, using tongs, mixing with a spoon, kneading dough, cutting out dough shapes, etc.
-  Playing "waiter" – carrying objects on a tray positioned on the fingertips. Use beanbags or other items that won't break if they fall.
-  Operating a small hole punch (one-hole punches) or stapler held in one hand during craft activities - there are some great hole punches available which press out different shapes (eg stars, hearts, cars), which could be used to make cards or decorate pictures.
-  Paper football - rip a sheet of paper into small pieces, scrunch the paper into small balls using only one hand, and use different fingers to attempt to flick them between goal posts.
-  Moving water between a full bucket and an empty bucket, eg using sponges or pipettes/eye droppers. A great outdoor activity in summer!

**If you have any comments about this leaflet or the service you have received you can contact :**

NHS at Broad Street Plaza,  
Telephone No: 01422 261340

Princess Royal Health Centre  
Telephone No: 01484 344299

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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