

HAND STRENGTHENING ACTIVITIES



Squeeze pegs



Squeeze a stress ball



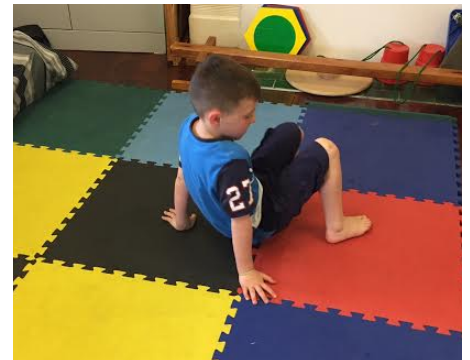
Pick up small items with tongs



Squeeze and feed "Pacman"



Weight-bearing yoga poses



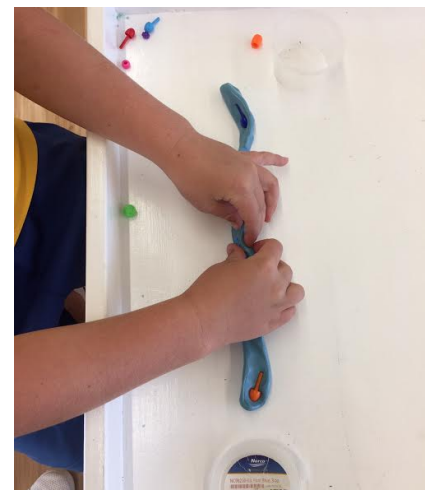
Crab walk



Walk hands out into plank and back again



Carrying heavy items



Theraputty/playdough

HAND STRENGTHENING ACTIVITIES



Squeeze spray bottles



Wheelbarrow walks



Cutting (card, magazines, playdough, straws, spaghetti)



Lego and construction games



Digging and shovelling



Tear and scrunch paper



Baking (stirring, rolling, kneading)



Tug of war (use a towel, sheet, or skipping rope)



Playgrounds