

Occupational Therapy Home and Class Activities

Student Name: _____ Date: _____
Therapist: _____ School: _____

Hand Precision Skills Strengthening

- € Pick up small objects (such as coins or marbles) with fingers of one hand and move the objects into the palm of the hand and hold them there while picking up another small object.
- €
- € Play tug-of-war with small diameter objects such as straws, string, coffee stirrers, etc.
- €
- € Turn a row of pennies from heads to tails.
- €
- € Pick up fragile objects with fingers/tweezers without breaking or denting them. Objects include corn flakes, mini-marshmallows, bits of foam.
- €
- € Drop a specific number of drops from an eye dropper.
- €
- € Wrap a rubber band or silly putty around the student's flexed fingers. As he straightens them, have him spread them apart against the resistance.