

Occupational Therapy Home and Class Activities

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

Hand Strengthening Activities

Playdoh, clay, or silly putty. A really good clay is Crayola Model Magic.

- € Squeezing with the whole hand to soften the dough and increase hand over all hand strength. Be sure to switch back and forth between hands.
- €
- € Roll the dough on a table to make snakes, using one hand and then the other, and then both together.
- €
- € Practice pinching off pieces of the snake, using thumb and index finger.
- €
- € Roll dough into a ball, then squish it flat like a pizza between fingers and thumb.
- €
- € Poke holes in the dough using index finger.
- €
- € 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.

Water Play

- € Squirt guns are great for strengthening fingers.
- €
- € Plastic turkey basters are good for strengthening the whole hand.
- €
- € Squeeze sponges or squeeze out a wet washcloth.

Paper Play

- € Tear paper into little pieces.
- €
- € Wad paper into balls.
- €
- € Coloring in a confined space (the smaller the space, the harder it is and the more strengthening it is).