

Hand Strength Activities Checklist

Tick off a few of these each week - they build the hand for writing

- ☐ Squeeze, roll and pinch play dough
- ☐ Open clothespins and clip them onto a box edge
- ☐ Tear paper into strips
- ☐ Thread beads or dry pasta onto string
- ☐ Snip paper strips with child-safety scissors
- ☐ Squeeze a wet sponge out over a bowl
- ☐ Roll small balls out of scrap paper
- ☐ Pick up pom-poms with tweezers or tongs
- ☐ Squish and roll therapy putty or clay
- ☐ Stack blocks, then knock them down