



Children's Treatment Network

Building Brighter Futures Together

Developing Hand Strength

Children need hand strength to participate in everyday activities (climbing, playing with toys, using a pencil, etc.) and it involves both grip and pinch strength. Try the following activities to improve hand strength.

Playdough or putty activities

Squeeze/Squish: Using the whole hand to squeeze the dough, turn and repeat.

Pull: With the dough in both hands, pull apart in different directions (horizontal, vertical, diagonal).

Push: Pushing and flattening dough against a hard surface, or use cookie cutters.

Pinch: Using different fingers against the thumb to pinch the dough.

Roll: Making snakes, worms, spaghetti or snails.

Mold: Make shapes, letters or animals.

Cut: Using a pizza cutter, scissors or knife.

Make air pockets (bubbles) and then popping them with the whole hand or pinch patterns.

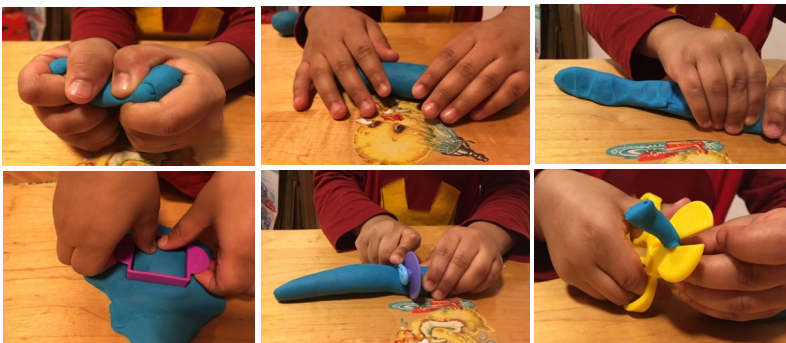
Hide and find small objects (use caution as it may be a choking hazard).

Popping bubble wrap

- Popping bubbles one at a time with pinch patterns.
- Start with the thumb against the index finger to pop the bubble.
- Next, have the thumb against the middle finger, ring finger and then the pinky finger.
- Do this activity with both hands.

Hole punch games

Here are some tips to further develop hand strength using a hole punch - [Build hand strength with a hole punch](#).



Online resources:

[OT Mom Learning Activities](#)
[Therapy Street for Kids](#)

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