



PROGRAMS FOR EXCEPTIONAL CHILDREN OCCUPATIONAL THERAPY

HAND STRENGTHENING

Hand strength is needed in order to perform functional and academic motor tasks in the school setting such as to hold a pencil, self-feeding, carrying school materials and to access playground equipment.

- Use a stapler or hand-held hole punch to makes holes in paper
- Hanging from the monkey bars
- Climbing on playground equipment
- Stir, knead and roll cookie dough
- Wring out wet washcloth or sponge
- Crumple paper into small ball and throw it into a waste basket
- Use tongs at the dinner table for salad
- Pulling small weeds from a garden
- Shuffle the cards before a family card game
- Squeeze clothespins to hang up laundry
- Squeeze garden hose to water plants
- Squeeze water bottle
- Squeeze stress ball/resistive ball/tennis ball
- Tug of war
- Opening containers (twist and pull lids)
- Carry buckets of water or sand
- Theraputty, Play Doh or cookie dough
- Dig through sand or dirt with your hands
- Undo knots in a shoestring