



Hand strengthening through play

- **Play dough**

Squeezing, rolling, pinching, squishing are all great actions for building hand muscles.

- **Animal walks**

Walking like a beetle, inchworm, bear or crab strengthens muscles in the hand wrists, neck and core.

- **Sand play**

Dig with hands or spades. Carry buckets of water or sand. Build sandcastles.

- **Climbing ladders**

Vertical ladders at the park strengthen grip as a child works against gravity.

- **Play on all fours**

Holding this position strengthens the hands, wrists, neck and core.

- **Wheelbarrow walks**

How far can your child walk on their hands while you hold their feet?

- **Cartwheels**

Bearing weight on the hands strengthens muscles

- **Mr Potato Head**

Changing the faces repeatedly with large, easy to grasp pieces is a great strengthening exercise.

- **Chores**

Washing the car, tables or windows, raking leaves, taking out the rubbish, helping with the laundry.

- **Wind-up toys**

That tiny dial requires strength but the reward is lots of fun!

- **Bath toys**

Toys that squirt water build strength, or try filling up an old shampoo bottle and squeezing it empty.

- **Tongs or Tweezers**

Pick up small objects. Stack small blocks or sort small pom-poms into colours.

- **Squeeze balls/stress balls**

Squeeze with the whole hand, pinching fingers or the thumb.

- **Gardening**

Dig with hands or a shovel, pull up the weeds, spray plants with a spray bottle, lift and pour with a watering can.

- **Office play**

Folding paper, using paper clips, squeezing staplers. Children love pretending to be grown-ups!