Calderdale and Huddersfield
NHS Foundation Trust

Children's Occupational Therapy Service

Activities to Improve Hand Strength



These activities will help to develop your childs hand strength and ability to control fine finger movements.



- Using playdough or modelling clay:
  - squeezing in the hand, so it comes out between your fingers
  - pinching and pulling between your thumb and index finger to form snakes, dinosaurs, starfish, etc.
- Bursting bubble wrap by pinching it between the thumb and index finger.
- Squeezable/compressible ball to squeeze regularly.
- Scrunching paper and playing paper basketball.
- Typing on a keyboard or a typewriter (which requires more force).
- Cooking activities - shelling peas, using tongs, mixing with a spoon, kneading dough, cutting out dough shapes, etc.
- Playing "waiter" – carrying objects on a tray positioned on the fingertips. Use beanbags or other items that wont break if they fall.
- Operating a small hole punch (one-hole punches) or stapler held in one hand during craft activities - there are some great hold punches available which press out different shapes (eg stars, hearts, cars), which could be used to make cards or decorate pictures.
- Paper football - rip a sheet of paper into small pieces, scrunch the paper into small balls using only one hand, and use different fingers to attempt to flick them between goal posts.
- Moving water between a full bucket and an empty bucket, eg using sponges or pipettes/eye droppers. A great outdoor activity in summer!

compassionate care

If you have any comments about this leaflet or the service you have received you can contact :

NHS at Broad Street Plaza,
Telephone No: 01422 261340

Princess Royal Health Centre
Telephone No: 01484 344299

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਦਿਤਾ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براہِ مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"