




Top Tips for Increasing Hand and Finger Strength - Pre School

Hand and finger strength is important for many everyday activities. The following activities can help to develop your hand strength. Start with activities you can do easily and gradually try activities that are more challenging.

Everyday Activities	
 	<ul style="list-style-type: none"> • During bath-time squeeze water out of a face cloth or sponge, or play with water toys that require squeezing. • Use a spray bottle to water plants. • Encourage active participation in dressing and undressing. • Help carry shopping bags. • Cooking – mixing, sifting, kneading or use a rolling pin or cutters. • Peel fruit such as bananas and oranges. • Squeeze juice from an orange or lemon. • Pour milk, water or cordial from a container to a cup. • Turning taps on and off. • Holding onto the ropes of swings.
Fine Motor Activities	
	<ul style="list-style-type: none"> • Playing with Play Doh or putty – knead, squeeze, roll, cut out using cutters • Inset puzzles with small knobs • Sorting small objects e.g. play buttons, small bricks, bead shapes • Making sticker pictures, removing from backing paper and sticking on to a picture (or reward chart) uses a pincer grasp • Games with clothes pegs e.g. making cages for zoo animals by clipping pegs onto a tin, making the alligators teeth by clipping pegs

around an egg box painted green (with eyes!), hanging out dolly's clothes

- Wind up toys encourage a lateral pincer grasp
- Dressing/undressing dolls, teddies, working with simple fastenings and easy fitting clothes
- Games with cards, coins and counters all involve a different sort of pincer grasp (lateral pincer grasp) and in-hand manipulation skills
- Tearing newspaper into strips, and then crumpling them into balls and throw into a bucket or target.
- Scrunching up 1 sheet of newspaper/tissue paper in one hand
- Bursting soapy bubbles with clapping hands action or using the index finger in a controlled manner.
- Lacing and sewing activities such as stringing beads, Cheerios, Macaroni, etc.
- Picking up objects using large tweezers such as those found in the "Bedbugs" game. This can be adapted by picking up Cheerios, small cubes, and small marshmallows.
- Squeezing clean washing up liquid bottles (filled with paint and water to make a picture
- Putting pegs on a washing line

