



OT Lens: Un Paso
A La Vez

Activities for Hand Strengthening

WHAT IS HAND STRENGTHENING

Hand strength is involved in activities of daily living consisting of grip and strength within the hands and fingers to being able to complete daily tasks. Hand strengthening is encouraging muscles within the hand to grow stronger.



ACTIVITY #1

Items Required:

- Slime, Theraputty, or playdoh
- Beads
- Tongs/Tweezers (Optional: It can encourage hand manipulation)

Activity Description:

- The child will place beads in the slime with or without the tongs, as it can increase the resistance level and encourage different grasp patterns required for basic activities of daily living.
- This activity is helpful in encouraging the child to increase hand strength while manipulating objects with their hand.
- This activity can be done with a sibling, friend, or parent.

ACTIVITY #2

Items Required:

- Tennis Ball
- Scissors
- Beads
- Paper Clip
- Buttons

Activity Description:

- The child will be encouraged to use the tennis ball by grasping and squeezing it until it opens to manipulate the ball while picking small items with it.
- This activity is helpful in encouraging the child to increase hand strength while manipulating objects with their hand.
- This activity can be done with a sibling, friend, or parent.



Please have close supervision of the child

- Be aware of choking hazards on small items or textures

****Please consult a licensed occupational therapist or healthcare practitioner to ensure the activities are appropriate for your child. ****



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