

## HAND & FINGER STRENGTHENING

---

Arts and craft projects are a fun way to work on fine motor skills.

Using the following will help improve your child's hand strength:

- Hole Punches
- Glue Bottles
- Glitter tubes
- Smearing clay instead of coloring with a marker



- Instead of coloring in a picture with crayons/markers, have your child fill in the picture by smearing small pieces of clay. The manipulation of the clay and smearing makes the finger muscles work!
- Hide small objects in clay or putty and have your child find them inside.
- Have your child help with the laundry.....have him or her pinch open the clothes pins; this will improve the strength of their hands and fingers.
- Baking is a fun activity that works on shoulder, arm and hand strength. Have your child use the rolling pin, form the balls of cookies with their hand, squeeze out icing using an icing decorating bag.