

## Grip strength activities

1. Newspaper: Place your hand in the centre of one sheet. Crumple into a ball without lifting your hand from the table. As this becomes easier, use an increasing thickness of paper.
2. Dish Sponge: Allow the sponge to absorb water and then squeeze water out.
3. Plastic Bottle: Fill with water and then squeeze water out with short puffs.
4. Towel: Excellent for grip as well as wrist movement. Wring out a wet towel.
5. Rope: Make knots with a heavy cord, gripping it to tighten the knot.
6. Jars: Practise opening and closing different size lids to improve the span of your hand.
7. Cans: Practice picking up cans of different weights and diameters (e.g., soup, vegetables) to increase both strength and span.
8. Rubber Ball: Grip .... throw .... catch.
9. Baking: Kneading pie, cookie, or bread dough. Rolling small amounts of dough into a ball for cookies. Rolling out dough using a rolling pin.
10. Playing with playdough, plasticine and clay. Incorporate the use of a rolling pin or cookie cutters.
11. Pounding toys – hammer.
12. Interlocking bricks or toys (i.e., large Lego).
13. Put on and pull off wooden clothespins from a coffee tin.
14. Using a mini hole punch to make some arts and crafts.
15. Spray Bottle: Use a spray bottle during cleaning activities, such as having a car wash with toy cars, and aim it at targets.

