

Funky Fingers (hand strengthening) activities

Paper Crumpling



Have your child crumple up sheets of newspaper or scrap paper into the smallest, tightest ball they can manage.

As their hand strength increases, so the ball will get tighter.

Upgrade the activity to have your child crumple the paper with just one hand at a time. Use smaller pieces of paper.

The **grasp and release movements** used for climbing and pulling are easier than long periods of sustained holding - so use those until your child's hands are stronger.

So take your child to a park, and encourage lots of climbing!



The shoulder and core muscles will also get a good workout, which is so important for fine motor control.

Tearing Paper



Tearing paper can be fun! First, check which way the grain of the magazine paper runs – the paper may tear better one way.

Tear strips from the page. Once strips have been torn, then **tear the strips into small squares**.

You can use the paper squares to **make a collage**.

Finger Ball Walk

Walk the ball up and down their legs. using their fingers. (Or up one leg, across the tummy, and down the other leg!)



Bubble Wrap

Popping bubble wrap between fingers and thumb.



Water Spray Bottles



These give hours of endless fun while strengthening hand muscles.

Have your child water the plants, spray an outside wall, or add a spray bottle to bath time fun!

Playdough

Try making these **dinosaur footprints** to strengthen the muscles on the back of the hand as well as the inner muscles of the palm.

Here's how:



Put the fingers and thumb together in the centre of the playdough.

Slowly stretch the fingers and thumb apart. The end result looks like a footprint!

Squish them back into a ball again!

Clothes Pegs



Place a number of clothes pins, all around the edge off an egg box to make a dinosaur cage.

Water Relay Race

Transfer water from a bucket to their own container by soaking up water with a sponge and squeezing it over the other container.

Who can fill their container first?

Add food colouring to water for a splash of colour!



Tweezers

Get a pot, tweezers and cotton wools balls and encourage your child to use the tweezers to pick up the cotton wool balls and place them in the pot. Then try it with smaller objects.

