

MAKE THOSE HANDS STRONG – HAND STRENGTHENING/FINE MOTOR ACTIVITIES FOR THE CLASSROOM

- Put coins, buttons or bingo chips into a “bank”. Have child hold 2 or more and place one at a time in slot without dropping them. Use a deli container with a slit cut in top, coffee can with plastic lid and slit, etc. If you are talented, make slit in side of container – this is more difficult than placing in from top. In this position, child’s thumb should be on bottom (facing the floor) when sliding into slot.
- Playdough – make meatballs, hamburgers, hotdogs etc. Hide small items (pennies, pegs) in playdough and have child dig them out. Show them how to take a little piece and roll it between the fingers to make a marble.
- Clothespins – can use in conjunction with activities to match colors or numbers to same marked pin(use a paper plate or even a ruler to place pins on). Have a clothesline in your room and have kids hang up work on the line. You can use the clothespins like tongs or tweezers to pick up small items as well. Make sure child use finger pads and not the sides of their fingers when holding the pin.
- Spray bottles – have any plants in your room? Let the kids spray them for you – works great to strengthen hands!
- Sponges – not too many of us have chalkboards anymore to wash down, but for those that do wetting and wringing out sponges is a good hand strengthener. You can also have the kids clean the room by wiping down their desks or tables.
- Cutting – can strengthen hands particularly if you use more resistive material to cut through (oaktag, index cards, construction paper, playdough, straws). Scissors need to be positioned correctly to get maximum benefit (thumb on top facing the ceiling).