



TROUBLE WITH HAND STRENGTH

To Increase Hand Strength and Skills (before writing)

- Cutting various materials, such as cardboard, tin foil, straws, putty
- Sorting activities, cards
- Lacing, beading, tearing, folding
- Chalkboard
- Pegs
- Pull-apart beads
- Fit-together toys
- Crayons, marker, paints
- Toys that open and shut, unscrew
- Toys that require 2 hands to use, eg. string beads
- Fasteners; squeeze sponges, washcloth
- Puzzles, light brights
- Spray bottles.
- Putty, Play-dough, make small toys.
- Squeeze/wring out sponges to wash tables.
- Squeeze clothespins on a ruler or index card.
- Put coins or bingo chips in a bank or container with slit.
- Cut through construction paper with safety scissors.

To Practice Letters/Numbers

- Roll-n-Write
- Wiggle Pen
- Tracing, stencils
- Air writing
- Practice on different textures, such as carpet
- Practice in shaving cream, gel, water, rice, flour, sand, paints, beans, etc
- Magnetic letters
- Large writing utensils, chalkboard
- Make letters out of putty, clay, tinfoil
- Draw on child's back
- Use graph paper/boxes for spacing letters, #'s
- Pencil grips to place fingers
- Use raised-line paper for border
- Highlight borders/boundaries