

Tips to Increase Hand and Wrist Strength in Kids

Exercises to Improve Hand and Wrist Tone

- crumpling and/or tearing up paper (with one hand)
- squeezing water out of wet sponges
- cutting with scissors (straight lines first, then more complex shapes)
- crab walking, crawling, wheelbarrow walks
- bingo dabbers or stamps
- beading and lacing activities
- using clothespins, tongs, or tweezers to pick up small objects
- painting/colouring on a vertical surface (i.e. easel)
- playdough – squeezing, pinching, rolling out with rolling pin, using cookie cutters, finding small objects that are hidden in it
- climbing and pulling movements – in the gym, or outside
- opening and closing containers
- peeling off stickers or tape from surfaces
- popping bubble wrap

Common Games/Activities

- Lit Brite and other pegboard games
- Mr. Potato Head
- Etch-a-Sketch
- Hungry Hippos
- Dressing dolls or stuffed animals
- Water guns or spray bottles
- Lego or building blocks
- Sticker booklets
- Hole punching
- Ripping paper
- Eyedroppers