



Developing Strength in the Wrist, Hands and Fingers

HAND GYM

A collection of objects that can be used for about five minutes to develop strength in the wrists, hands and fingers. Suitable for children aged three upwards.

Choose about six items from the list to put in the box and vary the contents regularly.

A shoe box is a suitable container which can be decorated attractively.

Contents might include:

- A selection of balls and squashy toys that can be squeezed.
- Large bull dog clips.
- A circle of elastic that can be stretched over the fingers or between forefinger and thumb.
- Jumping frogs that have to be pressed with the index finger – tiddly winks.
- Strips of paper to tear.
- Pieces of thin paper, such as tissue to scrunch.
- Small containers with screw tops. You could put stickers or small objects for sorting them in.
- Twisty toys.
- Toys that can be pulled apart and put back together.
- Pop-it beads.
- Pieces of construction toys.
- Plasticine: Pinch off small bits to roll into snakes using forefinger and thumb. Make into small pellets and squash with forefinger.
- Pegs to clasp onto thick card, mouse mat or around the edge of the box.
- Small balls of paper to flick.
- Small items such as buttons, dried peas, etc. (Raisins or Cheerios are safer for children who put things in their mouth).
- Food tongs for picking up medium sized objects.

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- Sugar tongs or tweezers for picking up small objects.
- Stamps and stamp pads.
- Finger puppets.
- Hole punch.
- Trigger spray water gun.
- Balloons.
- Coins and moneybox.
- Wind up toys.
- Bubble wrap: Squash the bubbles.
- Coins or counters: To pick up from table top without moving to the edge of the table.
- Hair scrunchies: Place over fingers, stretch to fit around tubes.
- Pipettes, turkey basters: Squeeze water onto blotting paper to create patters.
- Velcro pictures.
- Bandage/Long piece of material: Creep hand along scrunching into palm.
- Collapsible toys (push from base then spring back into position).
- Koosh balls.
- Locks and Keys: Open/close different padlocks.