



## Hand Grip and Strengthening Activities

- **Paper Scrunching:**  
Using one hand ask the child to scrunch a sheet of paper into a ball and throw it into a waste paper basket. Try with both hands.
- **‘Brass Rubbing’:**  
Provide a set of textured plates or other textured material and ask the child to scribble over it. The child has to hold the template still while pressing hard on the crayon to colour.
- **Playdough and Baking:**  
Try cutting the dough with scissors or a plastic knife and squashing the dough into a small container.  
Mould scone dough into rounds then flatten to bake.
- **Jars and Lids:**  
Collect together a selection of jars with different lids. Keep the lids and jars separate and ask the child to match them together before removing them ready for the next child.
- **Stickle bricks, Lego, Popoids and Magnets:**  
Push and pull together.
- **Stamps and Stamp Pads:**  
These are available from craft suppliers and come with a variety of handles. Stamps can be linked to class themes.
- **Tongs or Salad Servers:**  
These are operated with the whole hand and can be used to pick up medium sized objects such as the toys from fast food outlets.
- **Hand Prints**  
Encourage activities with the palm down e.g. hand prints, polishing/cleaning/dusting the board or white-boards.

## Early Years Support & Assessment Team (EYSAT)

- **Marble Games:**  
Find hidden marbles pushed into Playdough; push the marbles into dough.
- **Air Bulb Toys:**  
Air bulb toys like a jumping frog.
- **Stress Ball.**
- **Sand Play:**  
Dig in wet sand.
- **Stretchy Toys:**  
Made of pliable rubber which can be stretched out of shape. Also elastic bands can be used to stretch round different objects.
- **Using different Fastenings:**  
Press-studs, Velcro, zips.
- **Bubble Wrap:**  
Squashing the bubbles.