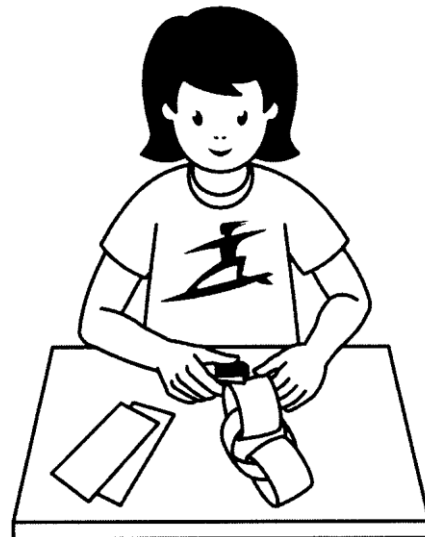


Activity Ideas for Grip Strength

Fine Motor Activities

- Play with playdough, biscuit dough or exercise putty – knead, squeeze, roll, cut out using cutters, squeeze playdough through a garlic crusher.
- Make as many playdough sausages as you can in one minute. Then cut up the sausages with scissors or a plastic knife.
- Make a bird's nest by pinching the playdough between the thumb and fingers, then make eggs for the nest by rolling the playdough into balls.
- Pop beads, Duplo or construction setts can be pulled apart and pushed together.
- Squeeze soft balls (or squeeze toys) – squeeze 10 times or as many times as you can in one minute to make it fun. Progress to using firmer rubber balls as strength increases.
- Newspaper scrunch – scrunch up sheets of newspaper into balls. Once a few balls have been made throw/flick them into a bin or at a target.
- Tong/tweezers relay – pick up small toys or objects with a pair of tongs and run and place them in a container. Time your child and see if he can do it quicker next time.
- Hammering activities.
- Hold and use a stapler for art and craft projects such as making paper chains or a book. Use thicker paper or cardboard to increase the strength demands.
- Take lids on and off jars that are filled with fun objects such as stickers, stars, small plastic animals or bugs.
- Sharpen a packet of colouring pencils.
- Empty washing up liquid bottle.

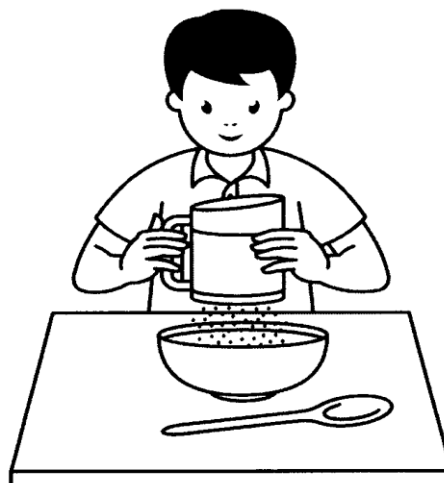


Everyday Activities

- During bath-time squeeze water out of a flannel

and play with water toys that require squeezing.

- Squeeze out a sponge before wiping a kitchen table.
- Use a spray bottle to water plants.
- Get dressed and undressed by yourself.
- Carry shopping bags.
- Cooking – mixing, sifting, kneading and use a rolling pin or pastry cutters.
- Peel and cut up fruit or vegetables. Start with easier to cut foods, such as bananas or cucumbers and build up to firmer foods; such as carrots or potatoes.
- Grate cheese or carrots.
- Make toast or sandwiches; open jars and use a knife for spreading and cutting.
- Use a knife and fork to cut up food at mealtimes. Start with easier to cut foods such as potatoes or sausages and gradually build up to harder foods such as steak.
- Squeeze juice from an orange or lemon.
- Pour milk, water or squash from a jug to a cup.



Contact details

Children's Therapy Services

Telephone number: 0300 019 2936

For further general health-related information, please ask the relevant department for an information prescription or contact:

The Health Information Centre
Poole Hospital NHS Foundation Trust
Longfleet Road
Poole
Dorset
BH15 2JB
Telephone: 0300 019 8003

www.uhd.nhs.uk

We can supply this information in other formats, in larger print or have it translated for you. Please call the Patient Experience Team on 0300 019 8499 or email patientexperienceteam@uhd.nhs.uk for advice.

If you wish to make any comments or to ask about any research evidence used to write this leaflet, please contact the Patient Experience Team on 0300 019 8499, write to the Patient Experience Team (address above) or email patientexperienceteam@uhd.nhs.uk

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