

Activity Ideas for Grip Strength

Children's Therapy Services Patient information

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 sets 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

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