Activities for Hand Strength

- Place pegs on a line
- Play with playdough
- Tear paper
- Pull apart construction bricks
- Squeeze a cloth
- Mix with hands
Disclaimer

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- has been prepared by Developmental Occupational Therapy (WA) Inc., known as DOT (WA) Inc. in good faith as general advice which may not be specific to all children’s needs. Accordingly, DOT (WA) Inc. and its officers, employees and agents accept no liability for any injury, loss or damage which may arise directly or indirectly from information on this handout;

- is general in nature and is not professional advice relating to a child’s specific circumstances. If in doubt, seek professional advice; and

- children must always be properly supervised while undertaking any activity including those described in this handout. Failure to do so could result in injury or worse.