

Activities for Hand Strength



Place pegs on a line



Play with playdough



Tear paper



Pull apart construction bricks



Squeeze a cloth



Mix with hands

www.dotwa.org.au

Supporting WA Occupational Therapists working with children

© 2010 DOT (WA) Inc.

Funding to develop this handout was kindly provided by Non-Government Centre Support (NGCS)

DOT (WA) Inc
Developmental Occupational Therapy

Disclaimer

Please note that the information on this handout:

- 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.