Playdough Activities for Hand Strength

Make a ‘mountain’

Squash ‘bugs’

Hide your thumb

Squish balls

Squeeze

Roll a ‘snake’
**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;

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- 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.