

### **Fine motor strengthening tasks:**

- Pulling coins out of play dough or thera-putty
- Roll play dough into ball and smash between fingers (thumb and each finger)
- Roll aluminum foil into ball
- Clothes pins
- Twist pipe cleaners
- Tweezers or tongs to pick up objects (small beads)
- Putting rubber bands around a tennis ball (different resistances/ thick & thin ones)
- Pulling tape off of mirror or table (fold edges up) (duck tape or masking tape)
- Using single hole punch or three ring hole puncher
- Squeezing glue bottle
- Turkey Baster (have water in one bowl and transfer to other with blaster)
- Transferring water from bowl to bowl w/ a spoon (add in fun objects to transfer)
- Digit flex (you can buy them cheap on amazon) different weights you can use
- Opening and closing containers
- <http://therapystreetforkids.com/fm-strength.html>
- <https://www.ot-mom-learning-activities.com/hand-exercises-for-kids.html>

