

# Making A Greater Grasp

Activities that can get you there are listed below, Enjoy the journey!

## TO STRENGTHEN HANDS

1. You must first strengthen the core muscles that attach to them. Try crawling, wheelbarrowing, crab walking, monkey jumps, and hand stands.
2. Roll and fold objects, you can use paper, play doh, cookie dough, and silly putty.
3. Squeeze items, such as a sponge, ball, wet clothing, and pulling a loaded wagon.
4. Use fancy finger moves such as stringing beads, sewing, using clothes pins, and paper clips.
5. Play an instrument.

## TO STRENGTHEN WRISTS

1. Use a rolling pin to flatten objects.
2. Draw on a dry erase board that is above eye level.
3. Use sand paper and sand something smooth.
4. Unscrew jars and lids, or don and doff marker caps or shoes.

## IMPROVE HAND PRESSURE ABILITY

1. Pick up mini marshmallows with tweezers.
2. Pick up a grain of rice with thumb and index finger.
3. Use a squirt bottle or peel an apple.
4. Cut and tear paper to make a craft.
5. Gardening building activities.