



## *Finger Strengthening Activities*

### Pencil Exercises

Using a pencil to perform exercises can help to strengthen the small muscles within the hand needed for writing activities.

**Inchworm:** Holding a pencil near the tip in a tripod position. Extend and flex the index finger along the top of the pencil to walk the fingers to the eraser of the pencil and back.

**Twirls:** Holding the pencil between the index and middle fingers spin the pencil in a complete circle. Once your child has mastered this in one direction, try the other direction.



### Play with Tongs or Tweezers

Tongs and tweezers use the three fingers required to grasp a pencil properly. When used with the thumb, index and middle fingers, your child will be working on strengthening the muscles within those fingers as well as wrist extension when picking up items. Here are some fun ways/ideas in which you can incorporate them:

- Pom-poms and cotton balls can be an easy thing to start picking up. You can work on sorting them into different colors, counting or placing on paper to make a picture.
- Tongs and tweezers can be used when playing games to pick up and place the pieces.
- Children love to help in the kitchen! This is a great place to use tongs!
- Make cleaning up toys fun with using tongs to pick items up.



## Sponges

What child does not like to play with water? Sponges are an item that force your little one to use their fingers and only their fingers to perform the task. Have them get the sponges full of water and have them try and squeeze it all out. Can they fill up a glass with water? What about a bucket?

