

O.T. Works, Inc.

The Therapy Playce

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Activities that encourage Wrist extension for improved Handwriting position

1. Clapping and slapping games
2. Pushing objects away from the body such as rolling ball or pushing box.
3. Grasping object held above shoulder level
4. Reaching out and touching objects on a vertical surface such as a chalkboard
5. Reaching for objects while child is on stomach on the floor, or over a bolster or large ball.

Activities that encourage Finger Strength

A. Individual Activities

1. Wrap rubber bands or elastic hair ties around fingers and stretch
2. Wrap rubber bands around dowels, pencils, or sticks
3. Pull masking tape from roll and tear it
4. Hold onto ropes of handles while being pulled on scooter board
5. Make Marshmallows taffy- work marshmallows with fingers until they are a smooth consistency, and then eat it.
6. Putting clothespins on pegs
7. Picking up objects using clothespins as tongs
8. Resistive writing- using pencil or sharpened dowel, print, or draw in flat clay surface or in wet sand (sand should be fine consistency)
9. Have child search for buried objects in shallow pan, of damp sand
10. Have child pinch and break up breakfast food, crackers for ingredients in cookie, pie crust, or crumb topping for pudding or frosting.
11. Have child soap up and wash table of blackboard using fingers or sponge
12. Squeeze out sponge, wring out washcloths
13. Squirt guns or spray bottle target practice

B. Play dough Activities

1. Squeeze clay with one hand and then the other
2. Roll clay into ball using both hands, "make a ball"
3. Mountains - make dough into a cone and hold base down with one hand, pull up with fingers of other hand "Pull clay high"
4. Pull clay apart using lateral sideways motions see how far you can stretch the dough
5. Roll out Hotdog or a snake using both hands
6. Pinch off small bits of clay roll into balls using one or two hands
7. Flatten into cookies with fingers and thumb
8. Pinch hotdog flat
9. Make dough into flat sheets, and cut out shapes with cookie cutters.