

Hand Dexterity Exercises

These activities require the muscles of the hands to work in precise ways. Pick one activity per day; aim to improve accuracy and speed.

- Shuffle cards and deal one by one. Turn a card face-down to face-up.
- Pick up coins or buttons of different sizes. Stack them on top of each other to see how high you can go.
- Tear paper into 1" pieces. Roll paper into small balls and flick for distance.
- Play games with small pieces, like checkers or travel games.
- Wring out wash-clothes. Try cleaning tabletops or windows for a purposeful activity.

Hand /Arm Strengthening Exercises

These activities require the muscles of the hands and arms to work. Pick one activity per day; aim to increase time and/or repetitions for each activity.

- Use clay or putty to make snakes, shapes and letters.
- Cut clay, putty, straws and cardboard.
- Crumple pieces of paper into a ball using only one hand. Squeeze tightly to form a ball. Shoot baskets.
- Pick up small objects with tweezers or clothespins. Try picking up pom-poms and dropping them into a bucket for a game of basketball.