

Exercises for stronger hands

One of the reason younger children struggle to write or hold the pen properly is poor hand strength. Here are a few fun ways to help strengthen their hands.

SPRAY A SQUIRT BOTTLE



Squirt bottles are a great and fun way to strengthen your child's hand strength. Either helping you clean around the house or having a water fight it doesn't matter, as long as they're squirting the bottle!

PLAY WITH PLASTICINE



There's lots of fun to be had with plasticine and it can all help strengthen your child's hands. Whether you're building rockets, making animals, rolling worms, rolling balls, kneading, squeezing or flattening the plasticine, it all helps build strength and creativity.

SQUEEZE A SPONGE



Squeezing sponges is a good way to strengthen hands easily. This can be done while cleaning up after messy games or meals. It can also be turned into a fun game at bathtime.

CRUMPLING PAPER



Crumpling up paper can be made into a fun game. Ask your child to crumple up the paper into the smallest ball they can manage. The stronger they get, the smaller the ball will be.