

# Fun Ways to Strengthen Little Hands

These activities help build the hand strength and control children need for everyday skills and early pencil use. They help your child use their hands more easily and with confidence.



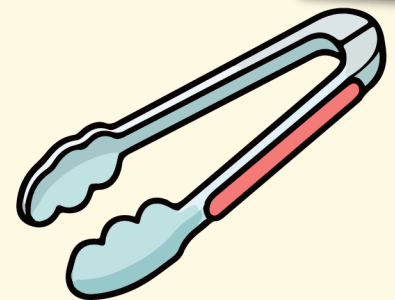
## GETTING READY TO LEARN



**Playdough Play**



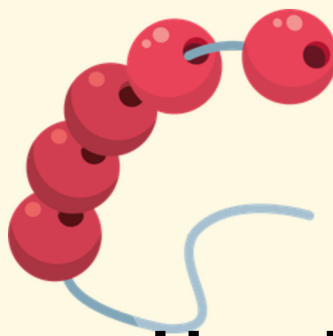
**Open and close jars**



**Pick up with tongs.**



**Open and close pegs**

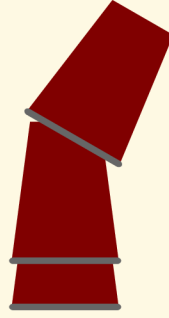


**Thread beads or pasta**

Children can build hand strength through everyday play, such as squeezing playdough, using pegs, threading or picking up small objects.



**Practise rolling**



**Stack cups**



**Pour and stir**



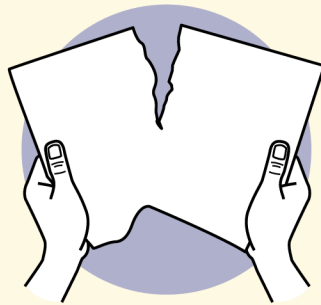
**Finger painting**



**Build with blocks**



**Crumple paper into balls**



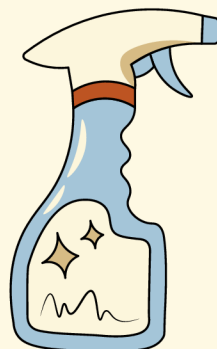
**Tear up paper**



**Cut with scissors**



**Peg Clothes**



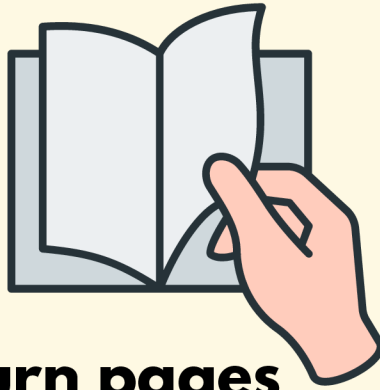
**Spray Water**



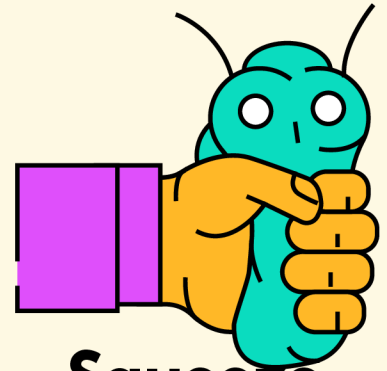
**Squeeze sponges**



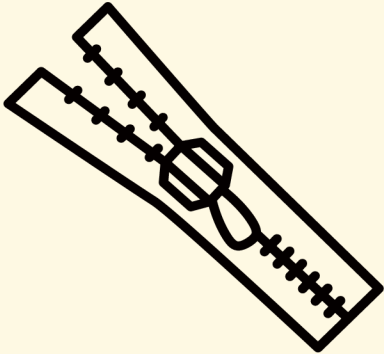
**Peel stickers**



**Turn pages**



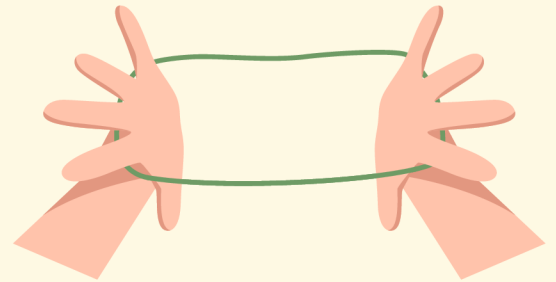
**Squeeze fidget toys**



**Practice with zips**



**Jigsaws**



**Stretch elastic**



**Post coins**



**Draw & Create**



**Water Play**



**Pop bubble wrap**



**Small toy play**



**Stacking toys**