



## OCCUPATIONAL THERAPY TREATMENT PROGRAMME

### Hand Strengthening Activities

- **Squeezing** (water bottles, stress balls, play doh)
- **Rolling** (playdoh and theraputty into small balls)
- **Tearing** (paper, magazines, tissues)
- **Building** (Lego, duplo)
- **Pressing** (pressing down on a hole punch to create lines along the edge of a paper)
- **Pinching** (eye droppers and tweezers to move liquids / small items)
- **Squirting** (water / bath toys – include targets to aim at or emptying one pot of water and squirting into another pot)