

## Activities to Improve Hand Strength and Endurance

	<p><b>Mr. Mouth!</b> Make a cut in a tennis ball and have your child squeeze with one hand to put items in his mouth and then switch hands. Challenge them by increasing the number of items they need to put in.</p>
	<p><b>Putty!</b> Hide small objects such as beads and pennies in putty and encourage your child to dig them out. Challenge them by increasing the resistance on the putty.</p>
	<p><b>Exercise!</b> Any exercise that requires your child to bear weight on their hands will help strengthen those muscle.</p>
 <b>HOLE PUNCH ART</b> <a href="http://www.laughingkidslearn.com">www.laughingkidslearn.com</a>	<p><b>Hole Punch Fun!</b> Have your child draw a picture and then use a hold puncher to “punch it out!”</p>
	<p><b>Bubble Wrap!</b> Don't throw away that bubble wrap! Have your child pop by using their thumb with each finger.</p>

