



## Strengthening from the Shoulders to the Fingers and Fine Motor Coordination

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### Shoulder and Core Work:

- Crawling
  - Wheelbarrow walking
  - Carrying books
  - Carrying bins of toys
  - Carrying groceries
  - Pull wagon with weighted items
  - Pull sibling/friend on a blanket
  - Tug of War
  - Wall push ups
  - Paint the house with water on a paintbrush
  - Crab walk
  - Climb on playground equipment
  - Climb trees
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### Hand Strengthening:

- Squeeze Playdoh, cookie batter, goop, squirt bottle
  - Snap beads
  - Hammer/screwdriver work
  - Scissor activities
  - Tweezers and tong activities
  - Hide items in putty and dig for them
  - Clothespins
  - Push golf tees into Styrofoam
  - Tear paper
  - Soak up liquid with eyedropper or turkey baster
  - Open and close a variety of jars
  - "Pac Man" - cut a slit in a tennis ball and have your child "feed" it small items
  - Pop bubble wrap
  - Squeeze water from a sponge to fill a cup
  - Hole punch
  - Finger football (flicking paper at a goal with index finger)
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### Fine Motor Coordination:

- Lacing cards
- Buttons
- Turn playing cards over
- String beads or string pasta
- Fold paper fan
- Games such as Operation, Connect Four, Don't Spill The Beans, Mancala, Jenga, Perfection, Cooties
- Pushing pennies into a "bank" (tight slit cut in top of plastic lid)
- Using stickers to make pictures
- Shaking dice by cupping the hands together, forming an empty air space between the palms.
- Learning to snap fingers (middle finger and thumb pads touch)