

Activity/Game	Strengthens
Ants in pants	Finger
Any games with Tongs	Hand
Bed Bugs	Hand
Bolts and nuts	Finger
Braid hair or yarn	Finger/Hand
Brush teeth	Hand
Clothespin activities: (using pincer/tripod grasp to move clothespin)	Finger
Clothespins	Finger
Cooking activities (stirring batter, moving a rolling pin)	Hand/Arm
Crumpling paper into small balls to “shoot” into a basket (garbage)	Hand
Cut fruit	Hand/Arm
Cut with scissors	Hand/Arm
Dice vegetables	Hand/Arm
Flick small wads of paper with tips of fingers	Finger
Flip a coin into the air	Finger
Holding a pen and pushing the cap off with the same hand	Finger/Hand
Hole punch	Hand
Hungry Hippos	Finger
Knead dough	Hand
Magic Tricks	Finger/Hand
Make a rubber band ball	Finger
Marbles	Finger
Mr Mouth	Finger
Nail small nails	Hand/Arm
Open and close jar lids	Hand/Arm
Open doors	Hand/Arm
Open/close safety pins	Finger/Hand
Paper punch	Hand/Arm
Place a rubber band around the palm and use the fingers to remove the rubber band	Finger/Hand
Play dough	Finger/Hand
Play piano	Finger/Hand/Arm

Activity/Game	Strengthens
Play the guitar	Finger/Hand/Arm
Play-Doh, clay (rolling it out, cookie cutters, garlic press, etc.).	Finger/Hand
Pop packing bubbles	Finger/Hand
Pull taffy	Hand/Arm
Put tacks or push pins to outline a picture on a cork board	Finger/Hand/Arm
Roll flat pieces of clay into small balls using index, middle, and thumb only	Finger/Hand
Rotate Chinese Balls in hand	Finger/Hand
Sew by hand	Finger/Hand/Arm
Shoot marbles	Finger/Hand
Snap	Finger/Hand
Squirt bottles	Finger/Hand
Threading cards	Finger/Hand
Tinker toys	Finger/Hand/Arm
Turn a key in a lock	Finger/Hand/Arm
Type	Finger/Hand
Use tweezers to pick up small items like beads	Finger/Hand/Arm
Water plants using spray bottles	Finger/Hand/Arm
Wring-out wet sponges	Finger/Hand/Arm
Write on a vertical surface (blackboard, grease board, easel, door, wall)	Finger/Hand/Arm
Zip and unzip	Finger/Hand/Arm