



## Home Program Activities: *Fine Motor Strength and Dexterity*

The following activities have been chosen to develop fine motor strength and dexterity as they do not require specialized materials and can easily be done in the home setting. Work for short time periods (5 – 10 min.) on a daily basis for best results.

### **1. Hand Strength**

Take a piece of used paper or newspaper and crumple it into a ball using your writing hand only. When it is as small as you can get it, you can practice making baskets in the recycling bin. Try to do 4 - 6 balls at a time.

**or**

Use a small soft sponge ball to strengthen the hand by repetitively squeezing the ball into the palm of your hand and turning it around using your thumb and fingers. This activity can be done while watching television or in the car. It's fun to do because the ball regains its original shape no matter how hard you squeeze it.

### **2. Finger Dexterity**

To develop and strengthen the muscles used for writing, draw three horizontal rows of dots across a blank piece of paper. Circle the first dot then shift and turn the pencil to erase the second dot with your writing hand only – do not use the table, your body or other hand to assist you. Continue to circle and erase the dots until it is completed. (You can then fill the page with exercise #3)

### **3. Writing Endurance and Pencil Control**

Practice drawing small zig-zags, loops, wavy lines etc. and turn them into aliens or other creatures. Try to use your thumb and index and middle fingers to move the pencil and use smooth flowing movements. This is a fun way to fill a page without actually having to write anything.