

3 FUN HANDS-ON ACTIVITIES FOR STRONG HANDS AND CAPABLE FINGERS

With all of us, including children, attracted to electronic devices, it is no surprise children often lack hand and finger strength and fine motor skills — those skills of small muscles in our hands and wrists. How do you reduce the effects of more screen time than finger and hand time? Have fun! Here are some ideas to get you inspired:

1 Play with small items such as paper clips, rubber bands and tape.

Look around your house. Put rubber bands around a paper towel tube. Count and line up paper clips. Tape small items to paper for 3-dimensional works of art.

2 Find ways to get artsy.

Use pencils, crayons, and scissors to get creative. There are lots of small items that aren't necessarily art materials that can be super fun. For example, make jewelry with dry pasta, Cheerio-type cereals and yarn. Paint with Q-tips. Use toothpicks, nuts and bolts, pipe cleaners or chenille stems to make a design.

3 There are so many reasons to love playdough!

Besides building hand strength and promoting fine motor skills, playdough is a stress releaser and facilitates learning and social skills.

For building hand and finger strength and skills, don't think big. Think small! You'll be getting your child ready for kindergarten by having big fun with small items.

Learn more at SCFirstSteps.org

