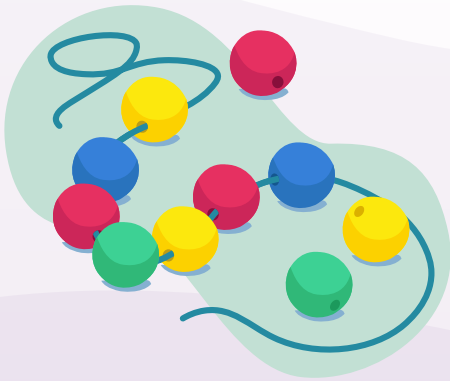


# Hands-On Activities

## FOR STRONG HANDS AND CAPABLE FINGERS

Building fine motor skills helps your child develop the hand strength and coordination they'll need for tasks like writing, buttoning clothes, and using scissors. Here are some simple, fun activities to help your child strengthen their hands and fingers.

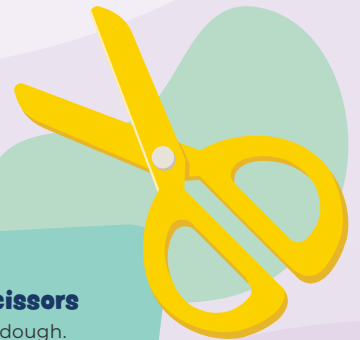


### Play with small items, like beads and paper clips

Look around your house for small objects—o-shaped cereal works too! Have your child pick them up between their thumb and forefinger, a movement called the “pincer grasp.” Practice counting, sorting, or stringing them onto a piece of string or pipe cleaner to help develop finger control.

### Get artsy!

Use pencils, crayons, and scissors to get creative. Drawing and coloring with crayons or markers helps your child practice holding writing tools. Cutting, folding, and tearing paper into small pieces are fun ways to build hand strength and dexterity.



#### Tip: Getting started with scissors

For beginners, try starting with play dough. It's sturdier than paper and tends to stay in place, making it easier for kids to practice their scissor grip and cutting motion. Once they're comfortable, they can move on to cutting paper.



### Have fun with play dough

Squeezing, rolling, and shaping playdough is a fantastic way to build hand muscles—and it can help relieve stress too! Encourage your child to make different shapes or press objects into the dough to create patterns.