

# Inside Fun

## To increase pinch / grip strength and arm strength

- ✂ Tear paper, clay, cardboard, thin cloth or boxes.
- ✂ Wrinkle or fold paper.
- ✂ Squeeze clay, cookie dough, colored glue containers, twee4zers, clothes pins, sponges, squirt guns, foam balls.
- ✂ Cut coupons, play dough, thick paper or cloth, card board or boxes.
- ✂ Play with legos, tinker toys, pot holder boards, pick-up sticks, stamp and stamp pads, light brite, erector sets, wind up toys, models or hole punches.
- ✂ Use screwdrivers, hammers, pliers, large paint brushes or sandpaper.
- ✂ Help mom – vacuum floors, sweep with brooms, mop, or use a scrub brush.
- ✂ Use a turkey baster to blow cotton balls across the floor or table.
- ✂ Put away groceries.
- ✂ Open / close doors, drawers or windows.
- ✂ Do push-ups or pull-ups.
- ✂ Write on a large chalk board above eye level with a 1 inch piece of chalk. (The smaller the chalk the better the tripod grasp).
- ✂ Lay on your stomach with your body propped up on your arms when watching TV or doing tasks.
- ✂ Put pennies on a wash cloth and pick one up at a time and place in a bank.
- ✂ Twist large bolts on to a large screw.
- ✂ Open / close twist jars, toothpaste tubes, sink faucets, plastic containers or a thermos.
- ✂ Hit a balloon to a friend.
- ✂ Do wheel barrow walks with someone holding your feet.
- ✂ Be a horse. Run around the house on your hands and knees.