



Playdough / Theraputty ideas for Hand Strengthening

- ❖ Squeeze the putty 10-20 times in each hand, keeping the shape of the ball. Grasp one end of the putty with each hand. Slowly pull arms and hands apart until the putty is stretched thin
- ❖ Roll putty into a ball and flatten the ball with the palm of the hand into a flat pancake. Hide pennies in the putty, pull apart to find what's hidden.
- ❖ Use each finger in turn to poke the putty.
- ❖ Roll out the ball into a sausage. Use both hands and roll slowly. Make a long sausage. Hold the putty in one hand and pinch the putty with thumb/index/middle fingers together from top to bottom. This encourages a tripod pinch. Cut the putty into pieces using a plastic knife.
- ❖ Roll your piece of putty into 5 small balls. Use your thumb, index and middle fingers to break the sausage shaped putty into smaller pieces. Then in a palm up position use your fingers making one ball at a time.
- ❖ Make designs using a pencil or toothpick.
- ❖ FINGER FOOTBALL - make targets or goals and flick the putty balls into the goals or at the targets. Use tweezers to pick them up one at a time.