



## Hand strength

### Red Flags:

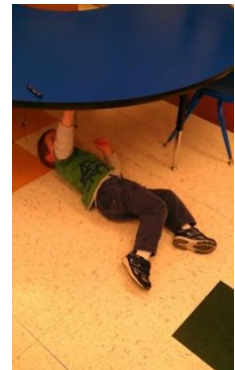
- Expresses hand is tired during writing, drawing, coloring tasks
- Difficulty using appropriate pressure (too much or too little)

### Home Activities

- Stamps
- Hide small items in playdoh or putty to dig out
- Add tongs with boardgames
  - Connect 4, Hi-ho cheerio, Candy Land, Mancala
- Writing name, letters, shapes with stickers
- Rainbow Writing-- retrace over strokes and letters in different colors of crayons or chalk use sidewalk chalk to write and draw
- On chalk board for resistance and increased feedback
- Hole punch crafts
- Crafts using scissors
- Mazes, dot to dots, and color by numbers in different positions:
  - Lay on belly and work propped on forearms (prone)
  - Work on vertical surfaces such as easels
  - Taping paper under table and working upside down
- Wheel barrow, animal walks, and yoga poses



PRONE



### Suggested websites with great free pintables and ideas

- <https://www.toolstogrowot.com/>
- <https://www.yourtherapysource.com/freestuff.html>