

FREE

Donkey Kicks

Donkey kicks are another fun way to encourage the hands. Have the child bend forward to place the floor and then kick her legs up behind her head.

-Have the child pick up a ball or stuffed animal with his hands behind him. How high can he toss it into the air?

-Build a tower of blocks or shoe boxes behind the child and kick the tower down.

-Place a therapy ball behind the child and see how far she can kick backwards across the floor!

-Position two kids in the starting position and have them throw the ball back and forth.

-Try "three legged dog hops". Have the child start in a frog position and hop as high as he can off the ground.

-Work up to donkey kicks by having the child try frog jumps on a set of stairs. Start on the lowest step and see if he can jump her feet off the next highest step.

-Have the child practice weight bearing on his hands while standing on a set of stairs. Start on the lowest step and see if he can jump her feet off the next highest step.

Rubber Bands

This little hand strengthening tool is super cheap, super small, and packs a lot of punch with so many different ways to play! Use regular-sized rubber bands, or try the smaller loom bands for a pop of color.

-Have kids use rubber bands to make designs and pictures on geoboards.

-Wrap rubber bands around each other to create a bouncy rubber band ball.

-Challenge kids to see how many loom bands they can wrap around the opening end of a clothespin while still being able to squeeze the clothespin open. Make it a contest to see who can squeeze the clothespin with the most loom bands wrapped around it.

-Create colorful patterns by having kids wrap alternating colored loom bands around a popsicle stick. They can make them into bookmarks and share with friends!

-Have kids wrap several loom bands around a pencil, near the tip. It's great fine motor work to get the loom bands on the pencil and then you have a great squishy pencil eraser to use too!



The Hand Strengthening Handbook

by Claire Heffron & Lauren Drobnyak

SAMPLE PAGES FROM THE HAND STRENGTHENING HANDBOOK
Available at YourTherapySource.com

GET MORE INFORMATION ON
The Hand
Strengthening
Handbook.



Donkey Kicks

Donkey kicks are another fun way to encourage weight bearing on the hands. Have the child bend forward to place her hands on the floor and then kick her legs up behind her like a donkey.

- Have the child pick up a ball or stuffed animal with his feet and “throw” it into the air behind him. How high can he toss it into the air?
- Build a tower of blocks or shoe boxes behind the child and have him donkey kick the tower down.
- Place a therapy ball behind the child and see how far she can kick it backwards across the floor!
- Position two kids in the starting position and have them donkey kick a therapy ball back and forth.
- Try "three legged dog hops". Have the child start in downward dog with one leg lifted. Have him hop as high as he can off the ground with the other foot.
- Work up to donkey kicks by having the child try frog jumps first. Have her start in a low squat position with hands planted on the ground in front of her. Have her lean into her hands and jump her feet off the ground.
- Have the child practice weight bearing on his hands while propping his feet on a set of stairs. Start on the lowest step and see if he can walk his feet up to the next highest step.



Rubber Bands

This little hand strengthening tool is super cheap, super small, and packs a lot of punch with so many different ways to play! Use regular-sized rubber bands, or try the smaller loom bands for a pop of color.

-Have kids use rubber bands to make designs and pictures on geoboards.

-Wrap rubber bands around each other to create a bouncy rubber band ball.

-Challenge kids to see how many loom bands they can wrap around the opening end of a clothespin while still being able to squeeze the clothespin open. Make it a contest to see who can squeeze the clothespin with the most loom bands wrapped around it.

-Create colorful patterns by having kids wrap alternating colored loom bands around a popsicle stick. They can make them into bookmarks and share with friends!

-Have kids wrap several loom bands around a pencil, near the tip. It's great fine motor work to get the loom bands on the pencil and then you have a great squishy pencil grip to use too!

-Have the child bring all of his fingers and thumb to touch. Place a rubber band (or a few bands) around all of his fingers. Have him push his fingers outward, stretching the rubber band as far as he can and then return to the starting position. Repeat.