Activities to Promote Grasp and Grip Strength

- Place rice, beans or pasta in a bucket
- Koosh balls
- Rattles
- Magnet, Velcro, and felt boards- Place numbers or letters on board
- Jenga, building block sets
- Fishing games
- Pegboards, pop beads
- Water squirt and air squirt toys
- Ping pong
- Stamp sets
- Making beaded necklaces
- Work benches and hammer games
- Drum set
- Yo-yos
- Water-filled games
- Puzzles
- Wind-up toys
- Stapler, paper puncher
- Musical accordion toys
- Mr. Potato Head
- Clay, putty, and Play-Doh
- MagnaDoodle
- Shape sorters
- Form boards
- Dominoes



