Wrist Extension Activities:

- Blowing bubbles
- Stacking cups, blocks, or other objects
- Screwing and unscrewing jars or containers
- Working on an easel
- Reaching for objects above head
- Throwing a ball
- Stringing beads, large and small
- Swinging a bat
- Wringing out a washcloth or sponge
- Using a rolling pin or rolling dough into snakes
- Painting or drawing on paper on the wall or refrigerator
- Crawling on all fours
- Using the wrist wand
- Animal walks (walrus, crab, etc.)
- Writing or coloring
- Wheelbarrow walk
- Balloon volleyball
- Playing or holding cards
- Cutting food or play dough with a knife
- Playing handheld games
- Scooterboard activities using arms to propel self
- Puzzles
- Cotton ball football or soccer
- Wall push-ups
- Cat's cradle string games
- Zoom ball
- Brushing hair or washing face
- Using shaving cream on the tile wall

