



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Activities to Improve Hand Strength for Teens

Cooking with Dough

Dough is great for improving hand strength, and whilst playdough may not be so exciting anymore, you could try a bit of cookery and make some real dough (or pastry)... try bread rolls, pizza or even cookies. All are great for getting your hands working and can be lots of fun!



Polymer Clay (Fimo)

This colourful clay is great for making all sorts of things; small figures, jewellery, decorations, the list is endless. There are plenty of ideas on sites like Pinterest also. Making small things, rolling, squeezing and pinching the clay will really get your fingers working. Polymer clay will need to be baked at a low heat in the oven to set, but once baked you get to keep your creations!

Air Dry Clay

This is another great medium for getting your hands working. You can make all sorts of things, pinch pots are great, find some letter stamps and make decorations with your own messages, and you could even try pressing flowers and leaves into the clay from the garden to make interesting patterns. Air dry clay is great as it doesn't need to be fired, it can be painted afterwards with acrylic paint.



Foil Scrape Pictures

These pictures are great, follow the lines and use the special scraping tool to etch away the top layer and reveal a picture underneath.

Water Games

Water fights in the garden with spray or squeeze bottles are usually a big hit. Alternatively if you want to encourage something more useful, giving them responsibility for watering plants or washing windows can also be done with spray bottles.

Rubber Band Activities

Use a corkboard/polystyrene and some pins to make a geoboard, see what patterns and pictures you can make by stretching the rubber bands between the pins. Loom bands use a similar principle but with much smaller bands, see if you can make a friendship band... There are lots of videos on youtube to help.



Constructing

Lego is always great for building and getting the hands working. There are sets for every age group or you make your own creations. Meccano and K'nex are great alternatives also.

Peg and Tweezer Games

Clothes pegs and tweezers are great for improving finger strength. Pegging washing on the line is great activity as it develops shoulder strength at the same time. Alternatively try playing your favourite board game but use tweezers to move your playing counter/piece around the board or practise moving small items from one bowl to another using the pegs/tweezers instead of your hands.