

Home Exercises and Activities from the OT/PT Department #15



Balance and Coordination:

Make a hopscotch board and have your child hop with 1 foot and 2 feet.



Hand Strengthening: “Pinch and Tear”: Tearing paper is a great activity to strengthen the fingers of the hand that are needed for holding a crayon. Start with strips of paper and put a little “starting tear” on the edge for them to begin. Eventually, your child will be able to tear without a “starting tear”. Encourage them to line their thumbs up on the edge of the paper so that they are touching before they begin to tear.