

Hand Exercises

To be performed 1-2 times per day

	Monday	Tuesday	Wednesday	Thursday	Friday
Squeeze a stress ball 20x					
Open/Close clothespin 20x					
Crumple a large sized piece of paper/ paper towel/ sheets from the yellow pages with only the writing hand					
Walk fingers up a pencil, turn it around in one hand, and walk them down 5x (use your thumb to lead the way)					
With a rubber band around the tips of the writing hand, open and close hand 10x					
Using the writing hand, turn over 10 pennies/ cards/ checkers on the table without sliding them to the edge of the table					
Trace the outside of one row of small circles					

	Monday	Tuesday	Wednesday	Thursday	Friday
Squeeze a stress ball 20x					
Open/Close clothespin 20x					
Crumple a large sized piece of paper/ paper towel/ sheets from the yellow pages with only the writing hand					
Walk fingers up a pencil, turn it around in one hand, and walk them down 5x (use your thumb to lead the way)					
With a rubber band around the tips of the writing hand, open and close hand 10x					
Using the writing hand, turn over 10 pennies/ cards/ checkers on the table without sliding them to the edge of the table					
Trace the outside of one row of small circles					

Parent Signature

Date

Compiled by: Dori Fishbone, M.S., OTR/L
& Anna Baker, COTA/L

