

## Hand Coordination Activities

1. Shuffle cards and deal one at a time.
2. Pick up assorted sized objects (buttons, marbles, coins, popcorn, nuts, bolts, uncooked pasta), one at a time, and place them in a nearby container.
3. Open and close safety pins.
4. Button and unbutton a shirt.
5. Do simple finger exercises on the piano. Keep wrist in neutral position and lift the fingers.
6. Type at a computer keyboard or on a typewriter.
7. Unroll and roll a large elastic bandage.
8. Using tweezers, pick up and move large and small items (try sorting wild bird seed).
9. Cut cardboard or paper with a scissors.
10. Wring out wet towels or washcloths.
11. Knead bread dough.
12. String beads or macaroni noodles.
13. Put together a jigsaw puzzle.
14. Pick up a clothespin and pinch it open, then place it on a wire or string.
15. Use the involved hand in your daily activities, such as using utensils, zippers, toothbrush, buttons, comb, etc.
16. Roll small balls or marbles in the palm of your hand, using the fingers of the same hand.
17. Write a letter to a friend or loved one.
18. Crumple a piece of paper into a tight ball.
19. Twist jar lids on and off.