



### **UPPER BODY STRENGTHENING ACTIVITIES**

- Wheel barrow walking, while someone holds the ankles (or working up to that), up to 6 feet+
- Trapeze or monkey bars
- Pull a peer around on a carpet square or sled indoors
- While lying on tummy, hold onto rope while being pulled by a peer, or adult, on carpet square or sled
- Sit and spin
- Jump rope
- Hanging onto a disc swing, round swing suspended from the middle with a single rope
- Po-Go stick
- Volleyball – outdoors
- Indoor volley ball with a balloon
- Go for a short hike with a backpack, with a little weight in it, one or two pounds
- Tug of war
- Pull rope hand-over-hand towards self
- Keep the balloon up in the air, see how many hits he/she can do
- Jumping Jacks
- Nerf basketball hoop for indoors
- Zoom fottball, game for 2 people, open arms wide quickly sending the ball to the other person, closing arms to allow it to come back
- Silly Putty, play dough to pinch, pull, roll squeeze and cut to work small hand muscles
- Roll Play dough between thumb and index finger to make small worms or spaghetti
- Rolling pennies and stacking coins
- Squirt bottles in the bathtub
- Wiggle writers, battery operated pen, which heavy and FUN
- Writing and drawing on a vertical surface, an easel or large paper taped on the wall with MASKING TAPE, so it will not pull paint or wallpaper off. This position promotes wrist extension and stability of the whole arm and shoulder
- Squeezing turkey basters in the bathtub
- Squeezing large kitchen thongs, or clothes pins to pick up pom-poms or whatever else you may find in your home
- Drop a tennis ball, after one bounce, catch it with both hands
- Simultaneously draw pairs of lines on chalkboard, easel, or large paper, using both hands
- Put together, take apart large screws and bolts
- Put together, take apart PVC pipes
- Hold a ruler or stencil with one hand, drawing with the other
- String one inch or less sized beads
- Cut paper, snipping, using children's Fiskar scissors
- Cut following a 1/2 inch wide line, diagonal or curvy
- Cut out simple shapes, triangle, circle, square
- Fold paper to make inch worms, or airplanes
- Flick marbles, using finger, at a target

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