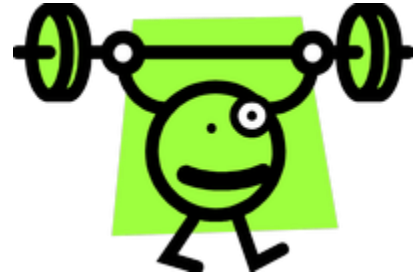


Taunton Public Schools - Department of Special Education  
Occupational Therapy

## UPPER BODY STRENGTH



**Your child has decreased upper body strength which impacts his/her handwriting skills. Here are some activities that you can do with your child at home or in school to improve his/her upper body strength.**

Using a chip up bar –have child hang for increasing length of time	Paint/draw/color on vertical surfaces such as easel, taping paper to walls etc.
Wheel Barrel Walking	Playground equipment-climbing, swimming, sliding
Monkey bars	Swimming lessons
Wall Push ups	Jump rope
Push/Pull (ex high five position elbows locked) then push and relax Pull hold on to wrists pull and relax	Balloon Tennies/Toss/Volleyball
Tug-of-War	Carrying heavy items
Propel self while lying on stomach on scooter board/skateboard	Knee walking or completing activities in high kneeling
Laying on stomach propped while playing games/watching TV	Jumping Jacks
Crab walk or various animal walks	Crumpling paper using only one hand then straightening paper using one hand
	Model Magic/play-doh/silly putty
	Arm wrestling/thumb wrestling