

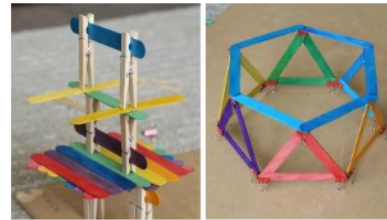
## Hand & Finger Strengthening Ideas: Pegs

Resistive tools such as clips and clothes pegs are helpful tools to develop and strengthen the muscles of the fingers. While using these tools, ensure that the thumb-finger circle is 'round' by keeping your thumb and index finger bent.

### *Help peg the clothes on the line*



**Engineering challenge:** Build a structure with craft sticks/toothpicks and pegs or binder clips.



**Matching fun:** Match the number of pegs according to the number label. Try writing numbers or letters onto wooden clothes pegs and match them to word, alphabet or number flash cards.



**Peg painting:** Peg cotton balls, pom poms or small sponges and paint with them.



**Sorting fun:** Sort small items such as pom poms according to their colour or type using pegs.



**Squeeze onto the edge of a can:** Pinch clothes pegs and attach them to an edge of a can, cups or something similar.

