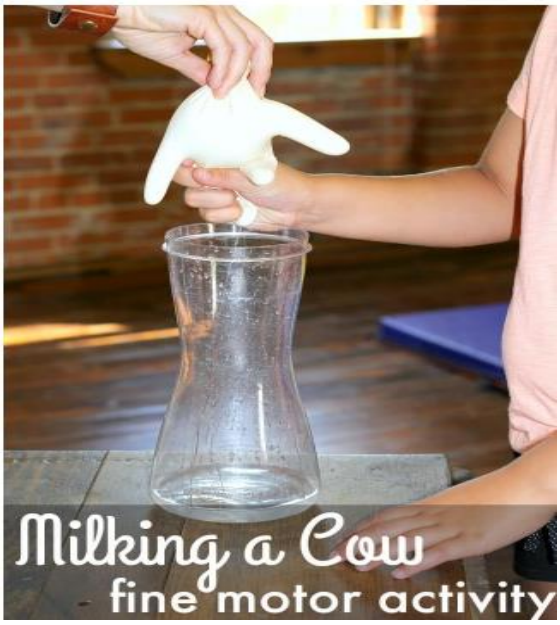
Milking Cow:



Here it is a quick and easy activity for hand strengthening that is sure to get a couple of laughs too! You can simulate it at home, where kids feel safest!

You will need:

-Container/pitcher
-Clean
-Glove
-Water
-Needle

What to Do:

Take a needle and prick the end of one finger of the rubber glove. Depending on the thickness of your gloves, you may need to stretch the hole with the needle in a circular motion to widen the hole.

Fill the glove with water and tie the open end of the glove so that it holds the liquid without spilling.

Now the fun can begin! Allow the child to grasp and squeeze the finger downward to simulate milking a cow. You can attempt to fill a small glass with the "milk."

How to change it up:

-Try thickening the pretend "milk" with some flour if it is coming out of the hole too fast. Make sure to do this in a cup prior to pouring into the glove.
-Hold the glove while the child squeezes, or if they can, encourage the child to use two hands for the activity.

Skill Areas Addressed:

Coordination, fine motor skills, grasp and hand strength.