Outdoor Activities to Build Upper Body Strength and Hand Strength

* Wheelbarrow walking
* Bouncing- Hippity Hop Balls or trampoline
* Crawling through tunnel
* Swinging with no assist
* Climbing a ladder or climbing wall
* Riding a bike
* Swimming
* Monkey bars
* Climbing tree or playground equipment
* Animal walks
* Balloon Volley- try to keep balloon above or at shoulder level.
* Jumping Rope
* Washing windows or table tops
* Playing tug of war
* Yoga poses -especially weight bearing poses
* Crawling races
* Squeezing water out of a water bottle on sidewalk to make designs
* Ringing out sponges to fill a bucket with water
* Use sidewalk chalk to draw
* Using spray bottle or squirt gun to water plants or play water games.
* Using small Shovels to plant flowers and plants
* Popping bubble wrap
* Using eye dropper to fill cups of water or muffin tins