

# Activities to Promote In-hand Manipulation Skills

In-Hand Manipulation skills refers to the ability move and position objects within one hand without the assistance of the other hand.

Examples include "squirreling" coins in the palm, twirling a pencil within the fingers and turning a coin from heads to tails.

- Pick up a small object with fingers (bead, coin, M&M candy, popcorn, etc. ) and "hide" it in your hand. Then pick up another and another.
- Move one item from your palm to your fingertips and place it down on the table (or put it in your mouth if it's food)
- Practice removing small objects from a change purse, baggie or container one at a time and hiding each within the palm. Then placing them back, one at a time.
- Connect 4 game: hold several chips at a time within the palm while placing chips in the slots
- Place coins in a Piggy Bank starting with several coins in the palm.
- Place items in Hungry Guy's mouth (see **instructions**) while palming several items in your palm
- Place items in slots (Bingo chips, coins, pegs) while holding several within the palm
- String beads holding 2 or 3 beads within the palm
- Pegboard games holding 2 or 3 pegs within the hand
- Twist open or closed lids on small bottles or toothpaste tube held within the palm of the hand
- Flip a coin from head to tail within the fingers of one hand
- Cut with scissors and practice adjusting the grip on the paper with the helping hand
- Practice buttoning, zipping and snapping snaps.
- Turn dice within the fingertips to see different sides.
- Hold a small cup filled with water. Practice turning it with the fingertips without spilling
- Play with construction toys such as Duplos, Legos and K'nex
- Pop beads: large size for preschool, small (play jewelry type) for older children
- connect linking chains
- Place clothespins around an index card or paper plate: encourage using only one hand to position/reposition the card or plate
- craft activities that require using bottles to squeeze: glue, glitter glue, puffy paint, fabric paint, etc.
- Lacing boards, sewing cards

## Pencil Games

- Hold the pencil in the fingertips, ready for writing, then "walk" the fingers to the eraser end of the pencil, then back to the tip
- Turn the pencil between the thumb and fingertips: try turning it like a windmill in one direction, then the other
- Practice flipping the pencil from eraser end to tip end
- Use a hand held pencil sharpener to sharpen your pencils