

In-Hand Manipulation

In-hand manipulation is the ability to move small objects efficiently within one hand. It is one of the most complex skills in the arena of fine motor. Moving coins from palm to finger tips, picking up coins out of a wallet and storing them in palm, unscrewing a lid, adjusting grip on a writing utensil and turning over pencil to erase are all examples of in-hand manipulation. Without sufficient in-hand manipulation a child may be slow, clumsy, or unable to complete certain fine motor activities. They may also use two hands for the manipulation of materials, when using one hand is much more efficient.



Classroom Activities:

- Cut play dough with scissors or plastic knife, then roll play dough into tiny balls.
- Flatten play dough/putty and cut with a pizza cutter.
- Practice manipulating buttons or snaps on shirt.
- Open and close Ziploc bags.
- Lacing activities or lacing shoes.
- Have children open/close various size jars and lids, particularly lids that can be twisted off.
- Moving coins from palm to finger tips and place them in a slot container.
- Dice games.
- Lay out coins or buttons on the table and have a contest to see who can flip the coins over the fastest (without moving coins to the edge of the table).
- Use large tweezers to pick up fruit snacks or small marshmallows.
- Play "Bed Bugs" game or "Operation."
- String beads, noodles, buttons, and cheerios.
- Remove key from key ring with both hands and place it into a lock with one hand.
- Play Connect Four-have child pick up three pieces at a time and hold them in his or her hand.