

In-Hand Manipulation skills are the ability to shift, rotate, and move small items in using the fingertips and thumb of one hand.

**Stringing.** Place Cheerios, cut-up pieces of straw, beads, macaroni, etc. When lacing make sure that string is shifted through the bead. Start with large beads with a large hole and thick stiff string (you can wrap tape around the end of the string). Then progress to threading tinier items and more flexible string.

**Coins.** Lay out a row of coins and using only one hand, turn the coins over.

- Pick up coins one at a time and store them in palm, then bring coins out one at a time to release into a container or bank
- Walk fingers around the edge of a large coin (start with a lid if this is too challenging)

**Twist Ties.** Have student twist wire twist-ties on and off bread bags or garbage bags. Student twists pipe cleaners to create various shapes.

### Pencil Aerobics

- “walk” fingers along the pencil - up to the eraser and back to the tip
- practice rolling the pencil between the thumb and first finger
- flip pencil from end to end using one hand, just like when you want to erase something
- have the pencil be a baton and do some slow motion twirling

**Pegs.** Stand pegs upside down and flip the pegs with one hand to place them into the pegboard.

Use **Chinese Balls** or large marbles and rotate them around each other in one hand using the fingers to move the balls.

**Water Bottle Lids.** Twist on and off, holding the bottle stable with one hand.



**Crumpling paper** or tissue to make an art project.

**Games** with chips, marbles and pegs.

## Other ideas:

- Picking up dice, placing in palm, shaking & rolling.
- Playing string games such as, *cat's cradle*
- Placing nuts/washers onto bolts.
- Holding handful of jelly beans, popcorn, raisins, eating them one at a time.
- Holding *Skittles* placing them on an outline of a simple picture.
- Placing Bingo chips on a game board, while holding others.
- Holding a variety of dried beans, sort them by type.
- Plant marble "seeds" into sand or plant real seeds.
- Rotating dial of a radio, combination lock, or *Etch-a-Sketch*.
- Rotating puzzle pieces for placement in a form board.
- Spinning/turning a dial on board games.
- Sharpening a pencil or a crayon in a small hand-held sharpener.
- Turning nuts and bolts at a toy work station.
- Spinning a small hand top or dradle or *doodle tops*.
- Rolling hair on hair curlers.
- Playing with a *Rubic's Cube*.
- Rolling/pulling taffy.
- Turning a kaleidoscope.
- Holding a key ring with keys. Rotating to find the correct one for placement.
- Holding a small flashlight and turning it off & on with rotating a switch
- Flipping over playing cards.
- Turning over a magic wand with fluid & sparkles or a fluid-filled pen.
- Lacing holes in a lacing board and turning the board over, end-over-end.

