

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.

