In Hand Manipulation

INTRODUCTION

Effective In Hand Manipulation is about having the ability to move and position objects in one hand without using the other. It is essential in developing many daily activities such as positioning a pencil when writing or drawing, tying shoe laces, fastening buttons and using a fork and knife. The following activities can help improve your child’s in hand manipulation skills.

Pick up small object with fingers (bead, coin, skittles, popcorn etc) then pick up another and another.

Practice removing small coins from a purse or container one at a time and hide each in the palm then place them back one at a time.

Connect 4 game, hold several counters at a time within the palm of hand while placing coins in the slots.

Place several coins in a piggy bank one at a time; start by holding several coins at a time.

Pegboard games holding 2 or 3 pegs within the hand.

Cut with scissors and practice adjusting the grip on the paper with the helping hand.

Practice buttoning, zipping and snapping poppers on dressing dolls.

Play with construction toys such as Duplo, Lego and K’nex.

Place clothes pegs around an index card or paper plates, by encouraging using only one hand to position/reposition the card or plate.

Craft activities that require using bottles to squeeze, glue, glitter glue, paint, etc.

Lacing beads and sewing cards.

Form spaghetti like strand of clay/play dough/plasticine by rolling the clay between thumb and first two fingers.

Finger flicking games-flick small balls etc using index finger.

Hold the pencil 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.

Use a hand held pencil sharpener to sharpen your pencil.

Practice doing up buttons, zips, and snappers when dressing.

Twist open or closed lids on small bottles or toothpaste tubes held within the palm of your hand.

NHS Tayside Child Health Occupational Therapy Service

File Path: Child Health AHP/OT/Tayside/Pre-Ref.Workstream/Pre-Ref.Advice Sheets