IN-HAND MANIPULATION

In-hand manipulation skills are important for daily life activities such as handling coins, buttoning, repositioning objects on the fingers, etc.

Improving in-hand manipulation skills will also help your child manipulate his or her pencil more effectively. Here is a definition of several in-hand manipulation skills. Your child should try to do these skills while also holding a penny in his or her palm.

TRANSLATION

Translation: The ability to move an object from the palm to the fingertips, or from the fingertips to the palm

For Example: Picking up a penny and hiding it in the palm or bringing a coin from the palm to put into the slot of a vending machine.

Tip to Palm
1.  
2.  
3.  
4.  

Palm to Tip
1.  
2.  
3.  
4.  
5.  

These skills can be incorporated into so many activities! For example:
- Putting coins in a piggy bank
- Eating cheerios/M&Ms, Nibs
- Playing board games with small tokens
IN-HAND MANIPULATION

Show your child how to pick up a penny and hide it in his/her hand. Once the penny is hidden, show him/her how you can wiggle it out to the tips of your fingers and place it into a piggy bank. Once he/she becomes good at this activity, show him/her how to hide a second penny in his/her hand, without dropping the first one. The challenge would then be for him/her to wiggle one penny to the tips of his/her fingers, while holding the other one in his/her palm. This activity can also be performed with m & m’s, cheerios, and other small objects.

Make sure your child doesn’t compensate by sliding the objects off of the table, or by using his or her body for support.

ROTATION

Rotation: The ability to rotate an object using the fingertips of the thumb and index finger, as well as the side of the middle finger.
Try the following activities to work on rotation:

- Tape together two different crayons. Ask your child to flip the crayon from one color to the other color.

- Tops are great to work on rotation.

- Have your child twist pipe cleaners

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**SHIFT**

*Shift: The ability to move an object on the fingertips in a linear movement (thumb moves across fingertips) i.e. for the purpose of reposition a pencil, fanning cards, etc...*

- Ask your child to walk up and down his or her pencil

- Removing stickers is a great shift activity.

- Pulling an object attached to the end of a string. Have your child pull the entire string into the palm of his or her hand.
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