

## Fine Motor Skills: In-Hand Manipulation

Hand skills are part of everyday tasks at home and school. In-hand manipulation is the ability to hold and adjust objects while holding them. Fine motor skills, such as in-hand manipulation, are important for activities such as writing, doing fasteners, and cutting with scissors. Here are some fun ideas to work on in-hand manipulation.

- Pick up pennies one at a time, up to 5, then release each one into a piggy bank
- Twirl pencil in one hand like a baton, 5 times each direction
- With one hand, turn over objects (e.g. coins, caps, blocks) on table or within hand
- Hold pencil/marker/crayon in hand as if to write, then inch fingers up and down writing utensil
- Roll small balls of play-doh between the thumb and fingertips
- Tear strips of paper and crumple into a ball using one hand
- Pick up 2-3 beads, then string them on a pipe cleaner or piece of string
- Play with Legos, Duplos, or K'nex
- Use double sided marker or crayon, flip in hand to use each end
- Use a hole punch to create holes on a piece of paper or paper plate, then lace string through the holes
- Unscrew cap off of an object (e.g. toothpaste, small jar)
- Pick up a small object and “hide” it in your palm. Then pick up another. See how many you can “hide” in your palm.
- Unscrew the top of the toothpaste while supporting it with the same hand
- Pick up small dice one at a time, up to three. Then bring one from the palm to the fingertips and rotate and set one down with the number one facing up

**Additional Resource for other hand skills such as writing, finger isolation, and thumb use.**

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