

## IN-HAND MANIPULATION

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### What Is It?

In-hand manipulation is the ability to hold and move an object within one hand. This can allow the child to examine the object, get something oriented and position it for a better grasp.

In-hand manipulation is also essential to the handwriting process as it allows a student to move the pencil from the palm to the fingers, which is used when making adjustments in grip as well as erasing.

### Types of In-hand Manipulation

*Rotation* - The ability to turn an object around in the pads of the fingers and thumb, or to turn an object from end to end.

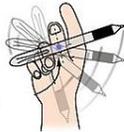
*Translation* - The movement of objects between thumb, fingers and palm.

*Shift* - A balanced movement where thumb and fingers are opposed and moving an object.

### Activities

#### Rotation Activities

- Pencil Flips
- Spin tops
- Wind-up toys
- Twisting twist ties onto a bag
- Rotating puzzle pieces to place into the board
- Open / close twist top bottles (water, shampoo, hand soap, etc.)



#### Translation activities

- Slide coin off table and hide it in your hand (magic track)
- Pick up and roll dice with one hand

- Place coins on a table and have the child flip them over using one hand
- Game: Connect Four
- Place a few coins/marbles/candy/bingo chips etc into child's hand and ask them to give you a specific one or place it on a surface, using only one hand

#### Shift activities

- Hold a pen and push the top off with the same hand
- Spreading glitter or confetti
- Place and remove items into a small container
- Pencil Walking (Position your fingers at the tip of the pencil and walk them up to the eraser end)
- Threading a needle
- Pushing a button through a hole
- Picking up a small piece of lint off of fabric
- Hold a set of keys and pick the correct one using one hand