

Occupational Therapy Home and Class Activities

Student Name: _____ Date: _____
Therapist: _____ School: _____
Contact: _____

In Hand Manipulation

In-hand manipulation is an important higher level fine motor skill. It involves the ability to separate and use the two sides of the hand, performing different movements at the same time.

Move small balls around in your hand.

- € Take two small different colored balls or marbles. Hold one ball in the palm while moving the other ball to the finger tips. Next, move the ball from the finger tips back to the palm, and then move the ball from the palm to the finger tips.
Repeat moving the balls around in the hand.

Putting coins in a bank.

- € Pick up coins one at a time with finger tips, and move the coins into the palm. Keep doing this until you have about 5 coins in your palm. Next, move the coins one at a time to the finger tips and place it in a coin slot.
- € You can do this activity using small objects and dropping them in a cup.

Manipulate a pencil.

- € Practice writing with a pencil, then, keeping the pencil in the same hand, turn it so that the eraser side is down and practice erasing.

M & Ms in hand.

- € Pick up one M&M at a time and move it to the palm. Keep picking them up until you have a hand full. Then move the M&Ms one at a time to finger tips and eat it.