

IN-HAND MANIPULATION ACTIVITIES

MOVING OBJECTS FROM FINGERS TO PALM:

- Get a coin out of a purse
- Crumple a piece of paper
- Get two or more coins out of a purse, one at a time.
- Pick up pegs/paper clips one at a time, and hold two or more in the hand at the same time
- Pick up several utensils (knives, forks, spoons, pencils, knitting needles) one at a time, to hold two or more
- Pick up three blocks/plastic bottle tops, one at a time

MOVING OBJECTS FROM PALM TO FINGERS:

- Move coin from palm to fingers
- Move object out of palm to put into container
- Hold money to put into bank, money box or machine
- Put one utensil down while holding several other in hand

SHIFTING OBJECTS:

- Turn pages in a magazine or book
- Pick up sheets of paper or money notes
- Separate playing cards
- Flatten a small ball of clay between pads of fingers
- String beads (shifting string and bead as string goes through bead)
- Shift pen/pencil for writing position
- Shift paper in non-preferred hand while cutting with preferred hand
- Fasten and loosen buttons
- Adjust sandwich, fruit or biscuit while eating
- Adjust spoon, fork, knife for appropriate use
- Rub paint, dirt, tape off pad of finger
- Hold a pen and push top off with same hand
- Hold fabric in hand while fastening button/press stud
- Hold key ring with keys in hand, shifting one for placement in lock

MOVING OBJECTS AROUND:

- Remove and put on small jar lid
- Put on and remove bolts from nuts
- Rotate of pencil – tip pointing to left
- Rotate of pencil – tip pointed to right
- Remove pen from pencil case and prepare to write
- Rotate pen or khoki to put on top on after writing
- Rotate puzzle piece for placement on a board
- Feel objects or shapes to identify them
- Construction activities
- Hold key ring with keys, rotate correct one for placement in lock

BILATERAL HAND FUNCTION ACTIVITIES:

- Tie shoelaces
- Style hair
- Use tools e.g. screw driver for maintenance tasks
- Crafts e.g. knitting, sewing, woodwork, leatherwork, cooking