



## FINE MOTOR



### IN-HAND MANIPULATION

#### Pencil Aerobics

This resource has been developed by a team of occupational therapists at Sunny Hill Health Centre for Children. The information and activity ideas included in this handout were compiled based on current research and expert clinical opinion.

**Definition:** In-hand manipulation allows us to move or reposition a pencil for writing using just one hand, such as when repositioning a pencil to write after using a pencil top eraser.

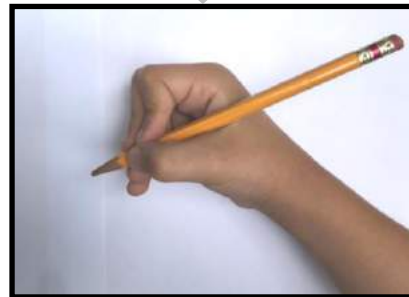
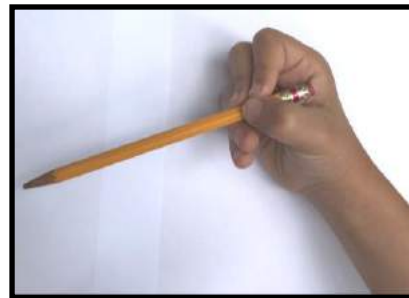
To develop these skills, it is best to practice regularly. If you are not sure which exercises to use or how often they should be done, please talk to your occupational therapist.

**These activities should be done with the dominant hand. Encourage your child to do these activities without using their other hand, body or table to help.**

#### Pencil Fun!

##### Pencil Shift and Rotation:

- Pencil Pick Up!** Grasp pencil with thumb, index and middle fingers and practice “walking fingers” (shifting) all the way up and down the pencil. Go slowly at first and then more quickly.
- Race with the Eraser!** Using a pencil with an eraser on the end, encourage the child to use one hand to turn the pencil back and forth from tip to eraser. Have the child spot mistakes in a word or pattern and race to erase and then fix each one.



- **Rainbow Drawing!** Place some pencil crayons on the table in front of your child. Ask your child to pick up a pencil crayon and draw the first section of the rainbow. Repeat using a different pencil crayon for each section of the rainbow. Change it up by having the child write out words using different colours of the rainbow for each letter or word.



- **Pencil Flip!** Hold pencil with eraser side down. At the word go, flip the pencil and write a letter, number, or word.



#### References:

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