

### Warm Up Hand-Finger Exercises

- Finger Rhythms and Songs – “1-Little, 2-Little, 3-Little Munchkins”, “Where is Thumbkin”, etc.
- Curls and Stretches – make a fist and squeeze really hard, slowly open the hand and stretch the fingers as long and wide as possible.
- Rubberband Activities – use various sized rubberbands
  - Using one hand, place the rubberband around thumb and a finger, stretch between thumb and each oppositional finger (pinching action). Place the rubberband around more than one finger at a time.
  - Using two hands, stretch the rubber band between two like fingers and two different fingers.
- Clapping Rhythms – “Pat a Cake”, etc.
  - Place a 12” piece of masking tape vertically on the middle of the desk. Put hands on other side of the tape. Alternate clapping hands together and “clapping” the desk.
  - Vary the number of hand claps and desk claps.
  - Try crossing hands on either side of the tape.
- Squeeze Balls and Stress Balls
- Tap Dancing with Fingers
  - Point with a finger on each hand. Use the pointed finger to tap on a surface. Follow a rhythm or do free tapping.
  - Make your fingers: jump, slide, march, kick, run, tip-toe, etc. Move fingers in unison or try opposite directions.
  - Try varying the fingers used. Tap dance with the same fingers on each hand or use different fingers on each hand. Try performing actions with hands crossed.
- Finger Drawing and Writing
- Fingers as Legs
  - Pretend index and middle fingers are legs. Walk the fingers around the desk.
  - Tape a 12” piece of masking tape vertically on the middle of the desk. Walk fingers along the line.
  - Try walking ring and little fingers, and other combinations of two fingers.
  - Try sliding, hopping (one finger and two fingers hops), marching, etc.
  - Try one hand at a time or two hands together. When using two hands, try using same fingers on each hand or different fingers. Try crossing hands.
- Finger Pulls
  - Sit with hands together at chest. Interlock tips of bent fingers on each hand. Try to pull fingers apart without letting go.
  - Make circles with thumb and index fingers of each hand – interlock them. Pull on the circles without letting them break.
- Thumb Touches – touch each finger to the thumb, one at a time. Go in order from index finger to pinky finger, random touching and/or follow patterns, etc. Repeat with the other hand. Do two hands together. Try eyes closed.
- Tearing Paper
  - Tear small pieces – try using different fingers in opposition to the thumb
  - Tear large piece and squish the paper into a tight ball.