

“Flexible Fingers”

Ages 3 and Up

- ✓ Coordination
- ✓ Imagination
- ✓ Fine Motor Control

Aim:

- To demonstrate coordination by moving one’s fingers in a variety of motions.
- To strengthen imagination by pretending to be different animals, birds, or things while moving one’s fingers to make certain motions.
- To strengthen fine- motor control through finger movements.

Benefits to Child:

Our fingers are a critical part of our body and are needed every day, so it is critical to strengthen them and help them to be more flexible and coordinated. This activity provides an opportunity to strengthen fine-motor control and to stretch the imagination through acted out motions.

Music:

- No music needed, but simple background music, if desired.

Materials:

- No materials needed.

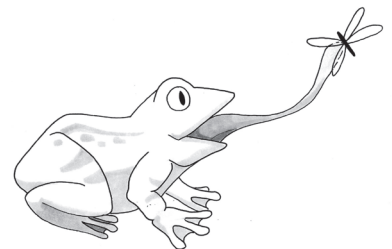
Activity Description:

Gather the children in a large circle on the floor and then ask them to tell you some of the things they think our fingers can do. Allow for the children to provide answers, and give them some hints if they are reluctant to answer.

Tell them their fingers are really important for so many things they do now, and as they grow older, so you’re going to do some fun things to give their fingers some exercise.

Tell the children, “First, let’s get started by warming up our fingers.” *Demonstrate so that everyone knows what to do.*

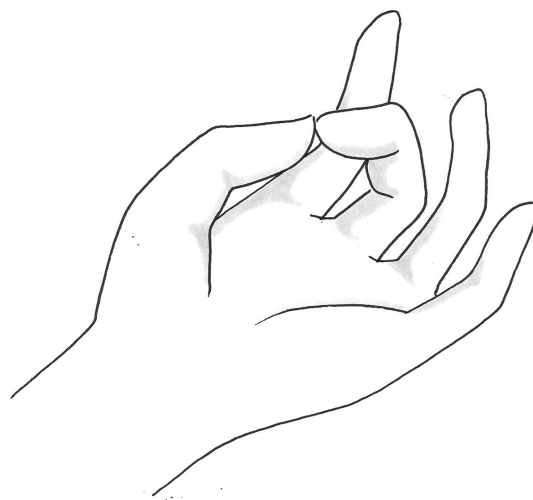
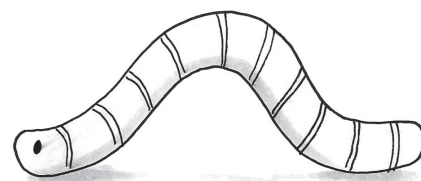
- ❖ Touch your pointer finger to your thumb on each hand.
- ❖ Now, do that with the next finger, and the next and the next. *Go slowly to make sure each child is touching the correct finger to their thumb. They may have difficulty but tell them this will be good practice. Make a mental note of any child who might need more practice later.*
- ❖ Stretch out all five fingers on each hand. Now, close them tight into a fist. Then repeat this two more times.



After the warm-up, guide the children in making the following movements with their fingers while in a seated position.

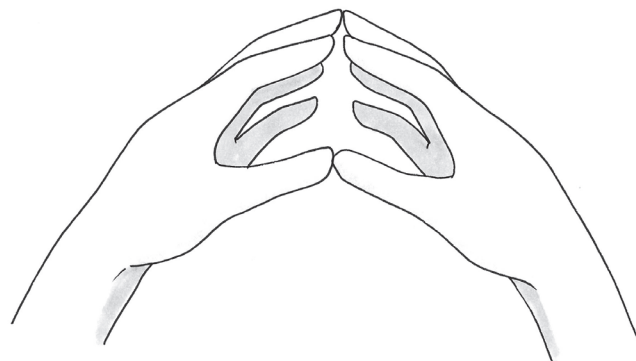
Move your fingers like this:

1. Bring each fingertip to touch your thumb, 2 or 3 times, on each hand.
2. Touch all the fingertips of one hand to the fingertips of the other hand.
3. Thread the fingers of your hands together and curl the fingers so that your hands become clasped together. *You might need to demonstrate this.*
4. Uncurl the clasped fingers, but keep the fingers interlaced and push outward as if you're turning the palms of your hands out away from you.
5. Shake your fingers out at your side and give them a rest.



Use your imagination and move your fingers as if you are doing these things:

6. **A FROG CATCHING MOSQUITOS** – Bring all four fingers together to touch the thumb.
7. **A DUCK QUACKING** – Move four fingers in unison to touch the thumb in a flapping motion, like a duck's beak quacking.
8. **FIREWORKS GOING OFF** – bring all fingers together in a scrunched position, then spread them out quickly in a starburst motion.
9. **A CATERPILLAR INCHING ALONG A BRANCH** – place flattened hand on the floor with fingers close together. Scrunch all fingers up to bring your knuckles up off the floor and then back down, as if creeping along up and down like a caterpillar.



Variation(s):

Ask the children to generate ideas of other movements they can act out using their fingers. Give each child a turn to demonstrate something different he/she wants to do with his/her fingers.