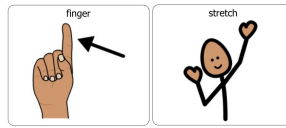


Finger Stretches



This is a good activity to do if you plan on doing some writing, typing or even cutting. These activities help to warm up your hands and fingers so that they are awake and ready to get working!

	<p>Put your hands flat on a table. One at a time press each of your fingers into the table. Do this slowly at first and then see if you can do it a little faster.</p> <p>Extra challenge - Can you do the same fingers on the different hands at the same time ie. thumb thumb, index finger index finger?</p> <p>OR can you do the opposite, on your left hand can you start at your pinky finger and on your right hand can you start at your thumb!?</p>
	<p>Clasp your hands together and give them five big squeezes. See if you can hold each squeeze for three seconds.</p>
	<p>Hold your hand up like in the picture. Your palm can face at you or away from, whichever feels the most comfortable. Can you use your thumb and try to touch all your other fingers to it one by one? Try hard not to bend the other fingers that should be up straight. Remember to do this activity for both of your hands!</p>

These three short activities will help get your fingers warmed up and ready for your school work. If you like these activities and you want to try out some more, here is a YouTube video that you can ask an adult in your house to let you watch!

<https://www.youtube.com/watch?v=3VpARNgbb8c>

