

partner

Hook Ups

This activity twists your arms so that your brain really has to think to decide what finger to move.

1. Stand up and find a partner. Decide who is A and who is B.
2. Person A should do this: Try to clap, but miss. Put thumbs down. Clasp your hands together. Pull your hands inward rolling them towards you until your hands are on top and your elbows are near your side.
3. Person B should now point to a finger of person A. Don't touch their finger. Now person A should wiggle the finger that was pointed at. Do this for four different fingers (or a thumb).
4. Now the roles should reverse.



Idea from Jean Blaydes

Paper Twirling

individual

This activity forces you to move a piece of paper around your waist without grabbing it.

1. Find a piece of paper and stand up. (Spiral notebooks work.)
2. Put your right hand out with your palm up.
3. Put the paper on top of your hand. Don't grab the paper.
4. Keep the paper at a level height and move it around your waist.
5. Transfer the paper to the other hand. You can only drop the paper onto the other hand. You may not grab the paper. You might have to contort your body so that you can make the transfer.
6. Continue to keep the paper level and move it to the front of you. This is one round. Keep doing this in the same direction for three rounds.
7. Now switch directions and do three more rounds.
8. Try to do this as fast as possible.



Different Direction Circles **thumbs**

individual

This activity moves your thumbs in different directions.

1. Stand Up.
2. Put your hands out in front of you. Clasp your hands together.
3. Point your thumbs toward each other. Move your right thumb in a forward circular direction about the size of a golf ball.
4. While continuing to move your right thumb, start your left thumb in a backward circular direction that is the same size as your right.
5. Try to move your thumbs so that they start and end one circle at the same time.
6. Once you master this, try to vary your speeds so that your left thumb is slower or faster than your right thumb.
7. Try to start with your left thumb doing forward circles and your right thumb with backward circles.

