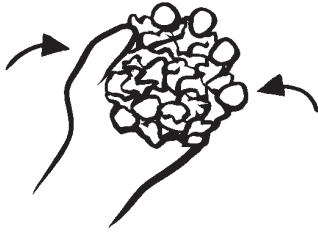


Into the Garden of Dreams

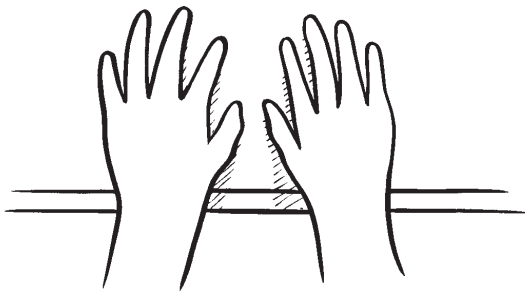
Pathway 2: Hand exercises

Scrunch



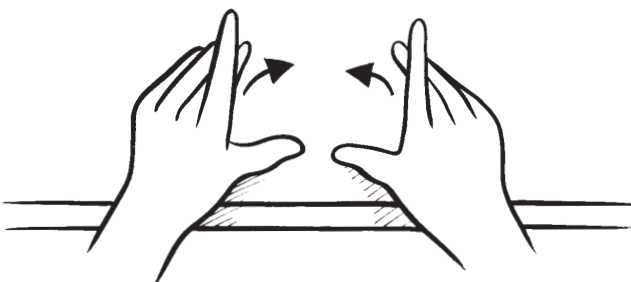
Scrunch up an A4 or A5 piece of scrap paper into a ball and squeeze. Do this with each hand in turn.

Piano player



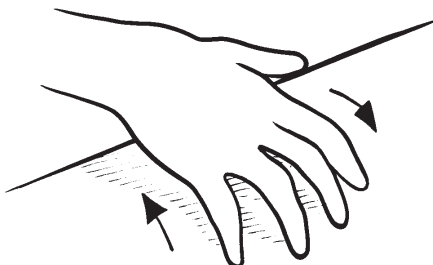
Play fast music on an imaginary piano with the fingers of both your hands. Keep both wrists on the table, so that your individual fingers are doing the work, moving up and down.

Twin lift



Keeping your hands flat, lift just your thumbs, then each pair of fingers in turn, and rap them on the table. An alternative is to give the fingers numbers or names, and use them to tell the children which fingers to lift and rap.

I hear spiders



Drum your fingers up and down on the table or floor. They must stop and freeze quickly, whenever I (the teacher) says 'I think I hear spiders'.