

FINGER GYM

Exercises to warm up the fingers before starting fine motor activities

Ten little fingers curl up small

Fingers make small, tight fists



Ten little fingers stand up tall

Fingers stand up tall, straight and wide apart



Ten little fingers go out to play

Fingers wriggle and relax (including both thumbs)



Ten little fingers bounce away

Fingers bounce up and down as if on a trampoline - making all finger joints bend



Ten little fingers play again

Fingers wriggle and relax (as before)



Ten little fingers shake off the rain

Shake the fingers in a downward action



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