

Hand & Finger Exercises

Do these exercises to music develop the full range of movement of hands and fingers, the midline crossover and integrate left and right sides, and the balance of hands and fingers. Do each routine weekly for 10 weeks in early stages (especially 3-7 yrs age group) then fortnightly over second 10 weeks. During second 10 weeks of routine 3, alternate then replace with finger exercises.



Routine 1

Exercise	W 1-2	W 3-4	W 5-6	W 7-8	W 9-10
Marching on spot with hands by sides	16 counts	16 counts	8 counts	8 counts	4 counts
Marching on spot with opposite arms	16 counts	16 counts	16 counts	8 counts	8 counts
Potatoes: hands in fists sit one on top of the other and climb up then down	8 up 8 down ½ time	4 up 4 down 4 up 4 down ½ time	8 up 8 down double time	4 up 4 down 4 up 4 down double time	4 up 4 down double time
Cats claw - tuck fingertips up and stretch out	16 counts ½ time	16 counts double time			8 counts
Star fish - elbows tucked into sides, fingers spread out, fingers together and thumb			16 counts ½ time	16 counts double time	8 counts
Ducks quack - flex fingers to meet thumb		16 counts ½ time	16 counts double time		

Routine 2

Exercise	W 1-2	W 3-4	W 5-6	W 7-8	W 9-10
Cross over the ocean - hands palms down move sideways crossing over and under each other	8 counts	8 counts	8 counts		4 counts
Tap knees with hands: RH on R knee, LH on L knee, eyes focus on each hand	16 counts ½ time	16 counts double time			8 counts
Tap knees with hands: RH on L knee, LH on R knee, eyes focus on each hand	16 counts ½ time	16 counts ½ time	16 counts double time	16 counts double time	8 counts
Tap knees with hands: RH on L knee, LH on R knee and alternate passes: RH passes over LH and LH passes over RH			16 counts ½ time	16 counts double time	16 counts double time
Japanese greeting - elbows tucked into sides, hands together move up and down from wrists	16 counts ½ time	16 counts double time			8 counts
Elbows tucked into sides, hands on knees, palms up and alternating down			16 counts ½ time	16 counts double time	8 counts

Routine 3

Exercise	W 1-2	W 3-4	W 5-6	W 7-8	W 9-10
Cross RH onto L knee, LH onto R shoulder, RH onto L shoulder, LH onto R knee.	16 counts ½ time	16 counts ½ time	16 counts double time	16 counts double time	8 counts double time
As above with eyes focus side to side on hands	16 counts ½ time	16 counts ½ time	16 counts double time	16 counts double time	8 counts double time
Elbows tucked into sides, hands on imaginary taps, turn taps on and off	16 counts ½ time	16 counts double time			8 counts double time
Dead Fish - elbows tucked into sides, hands flop down at wrist (dead) and hands sit up (live)			16 counts ½ time	16 counts double time	8 counts double time
Flexi-fingers - fingertip touch bend in and out together, then each finger in sequence	8 each finger	4 each finger	2 each finger		2 each finger
Thumbs touch each finger pad from pointer to pinky in sequence and stretch straight out		8 each finger	4 each finger	2 each finger	2 each finger
Curl finger up and tuck into palm and stretch out			8 each finger	4 each finger	2 each finger