### Finger & Wrist Warm up

#### Wrist rolls

Place your arms in front of you. Make a fist with each hand while placing the thumbs inside the palm. Then rotate then in one direction. Repeat around 6 times and swap direction.

#### Shake out your hands

Place your hands in front of your body and shake them for 5 seconds. Repeat 5 times.

#### Spider Dance

Lets pretend that each hand is a spider. Get them dancing by placing the tips of your fingers together. Then bend and straighten them while also pushing the fingertips against each other.

#### Imaginary Gloves

Pretend you are putting imaginary gloves on your hands. These are really tight and long. Start by pulling up the glove from the back of the hand all the way up to the shoulder. Do this by providing firm pressure strokes. Once the gloves are on be sure to get the wrinkles out in each finger of the glove. Do this by providing pressure to each individual finger by stroking it in an upward motion.

#### Inchworm

Hold your pencil in either a tripod or a quadruped grasp position. Then walk your fingers up the pencil. Once at the top flip the pencil over and walk your fingers up again. Then repeat with the opposite hand.

You can also complete this activity without flipping the pencil. This way you will be walking your fingers up the pencil. Once at top you will walk your fingers down towards the bottom of the pencil.

#### Pencil Jacks: 3 finger work out

The three fingers are: your thumb, your pointer finger and your middle finger.

* **Step 1**: Stretch out these 3 fingers while your ring and pinky fingers are tucked into your palm
* **Step 2:** Let the tips of these three fingers touch and then bend down as if they are doing a push up