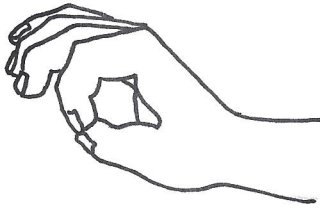


# Finger Warm-Ups!

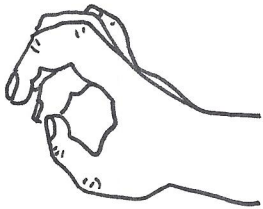
## Fingertip Touches

AND

## Fingertip Rolls

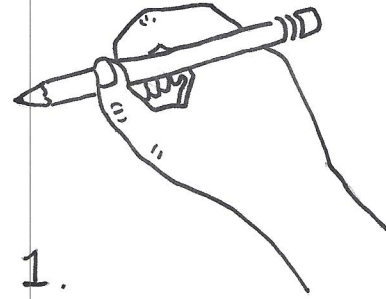


1.

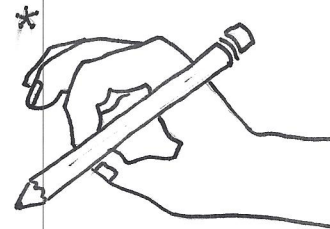


2.

- 1. Start by touching the tip of your thumb to the tip of your index finger, then press it together.**
- 2. Repeat this with the other fingers.**



1.



\*

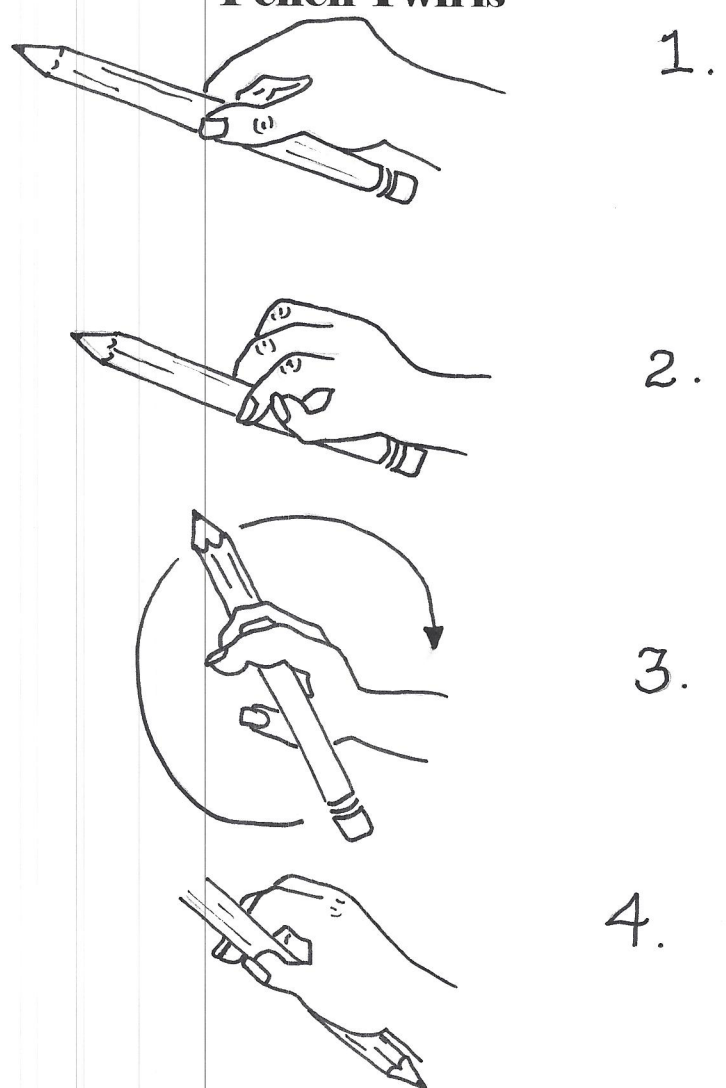
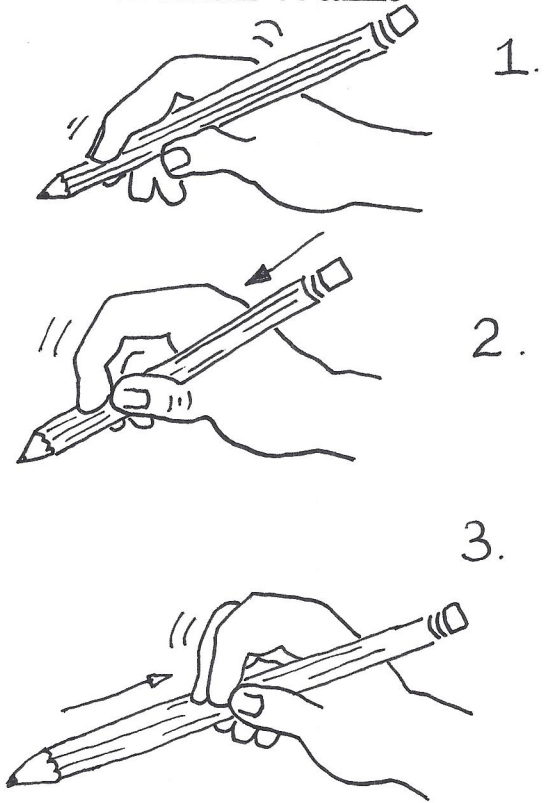
- 1. Make a fist and place a pencil on top of the side of your index finger, now balance it with the tip of your thumb.**
- \*For a challenge use your thumb tip to roll the pencil back and forth without dropping it!**

# Finger Warm-Ups!

## Pencil Walks

AND

## Pencil Twirls



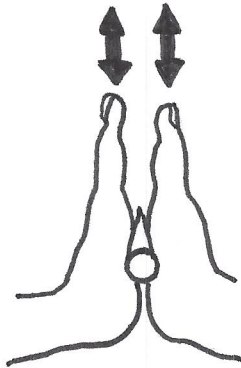
1. Pick up pencil in a Tripod Grasp.
2. Walk your fingers down the pencil.
3. Keep pencil steady while you walk your fingers up the pencil shaft.

1. Pick up the pencil with your fingertips.
2. Move your index finger over to the thumb side of the pencil.
3. Move your thumb to the other side.
4. Bring remaining 3 fingers around the pencil.

# Finger Warm-Ups!

AND

## 2 Handed Pencil Roll



## Pencil Swirls

