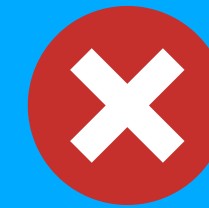


Finger Fitness

Warm up

Source: Greg Irwin, Finger Fitness Expert

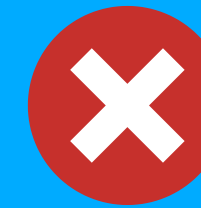
**Jammin
Board**



ARTS



NFE



INCLUSION



4-30 people



10 minutes

Topic

Warmup, energiser, feeling good

Objectives

to improve hand strength/coordination and at the same time
to physically and mentally energise the participants

Material

Equipment to play the video (or learn the movements and demonstrate by yourself)

Steps

1. In the video "Finger Fitness Exercise Dances for Kids" (https://www.youtube.com/watch?v=-_ukAaO_JDM) you can find the steps demonstrated.
2. Start every series of movements slowly, repeat 3-4 times and then try to increase the speed.

This finger dance is perfect to be done before activities involving hands (music, arts , sports, ...).