

Different Direction Circles **thumbs**

individual

This activity moves your thumbs in different directions.

1. Stand Up.
2. Put your hands out in front of you. Clasp your hands together.
3. Point your thumbs toward each other. Move your right thumb in a forward circular direction about the size of a golf ball.
4. While continuing to move your right thumb, start your left thumb in a backward circular direction that is the same size as your right.
5. Try to move your thumbs so that they start and end one circle at the same time.
6. Once you master this, try to vary your speeds so that your left thumb is slower or faster than your right thumb.
7. Try to start with your left thumb doing forward circles and your right thumb with backward circles.

