Finger/Hand Awareness

Finger Introduction

Note: This exercise is important because knowing finger names is useful for learning the tripod grip.

- Raise your thumb, and tell students you are holding up your thumb.
- Raise each of your remaining fingers (one at a time), and tell students what they are called (pointer or index finger, middle finger, ring finger, pinkie).
- Tell students to touch their thumbs to the tips of their other fingers. This movement is called finger-thumb opposition and develops finger awareness.
- Tell students to repeat after you, pretending their thumbs are greeting each of their fingers.
  - Touch your thumb to your pointer finger, and say, “Hello, pointer finger! Hello, thumb!”
  - Touch your thumb to your middle finger, and say, “Hello, middle finger! Hello, thumb!”
  - Touch your thumb to your ring finger, and say, “Hello, ring finger! Hello, thumb!”
  - Touch your thumb to your pinkie, and say, “Hello, pinkie! Hello, thumb!”
- Extension: Sing the song “Where Is Thumbkin?” (to the tune of “Frère Jacques”).

Where Is Thumbkin?

“Where is thumbkin?” (hands behind back)
“Where is thumbkin?” (hands behind back)
“Here I am.” (bring left thumb from behind back)
“Here I am.” (bring right thumb from behind back)
“How are you today, sir?” (wiggle left thumb)
“Very well, I thank you.” (wiggle right thumb)
“Run away.” (move left hand behind back)
“Run away.” (move right hand behind back)
(Repeat four times, replacing “thumbkin” with “pointer finger,” then “middle finger,” then “ring finger,” and then “pinke.”)