

Finger Thinking

This activity helps you to develop finger movements that are directed by your eyes.

Step 1. Paper tearing

Your helper gives you a piece of paper about 100mm square (a sheet of A4 paper will be fine), with a broad line drawn with a marking pen, down the middle of the paper.

With another piece of paper, your helper will show you how to tear along the line using only the thumb and first finger and a rotating movement of your wrists. The paper should not be ripped. Instead it should be torn in a series of small tears. After each small tear the thumbs and fingers are moved slightly down the paper and another small tear is made. As the tears are made with only the thumb and first finger, each tear is very small - about 3mm.

Now you attempt to tear the piece of paper along the line, using only your thumb and first finger.

When you can tear a straight line, try angles, curves and various combinations of straight and curved lines. Some examples are shown below.

