

Finger Thinking 3

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

Step 1. One finger lifts

Your helper sits opposite you at a table, while you place your hands palm down, flat on the table top.

You will have to lift up one finger at a time off the table, but you can only lift the finger that your helper touches. Now your helper touches one of your fingers, then you lift only that finger.

Notes for helpers:

It may be difficult to lift just one finger, without another finger moving at the same time. If they have trouble with this, ask them if any other finger is moving, then ask them to try to stop the extra finger from moving when they lift the one you touch.

Try another finger.

When they can lift any finger on its own on either hand without any other finger moving, try step 2.

Step 2. Lift fingers at the same time

Your helper touches two fingers **at the same time** starting with one on each hand. You then lift the fingers that were touched.

Now try two fingers on the same hand - this is usually more difficult.

Try two fingers on one hand and one finger on the other. Then try different combinations of two or more fingers on each hand.

Step 3. Lift fingers in a row

Your helper touches **three** of your fingers, on one, or both hands, **one after the other**. Wait until they have touched all the fingers then you can lift then put down, the fingers that were touched, **in the same order**.

You can make this more difficult by touching pairs of fingers at the same time, e.g. first and second finger on the right hand, followed by second and third finger on the **left hand** followed by third finger on the right hand.

Now try **four** fingers, or groups of fingers, in a row then **five**.

Step 4. Follow me

In **another variation** of this game your helper places their hands on the table, palms down then lifts their fingers in a sequence one after the other. You then lift your fingers in the same order. This can be done with pairs of fingers or single fingers.

Notes for helpers:

You are sitting opposite so your right hand is on their left side and vice versa. They only lift their fingers **as they see it**, i.e. if you lift a finger on your right hand it will be on their left side so they will lift a finger on their **left hand**.