

the chromatic scale (symmetrically)

I teach this scale to students at their very first lesson

the notation looks intimidating but playing it on the keyboard is quite straightforward, even intuitive, since both hands do the same thing at the same time (if the scale is started at D or Ab)

*there are of course many ways to finger the scale depending on the context but this works well here
we use 3 on every black key and 1 on white keys
except at b-c and e-f where the 2 bridges the gap*

try extending to two or three octaves and/or with eyes closed (or looking away from the keyboard)

