

the chromatic scale (symmetrically)

I often 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)

The image shows two staves of musical notation. The top staff is in treble clef and common time (3/4). It starts with a D note, followed by a series of black notes (E, F, G, A, B, C, D) and white notes (D, E, F, G, A, B, C), ending with a D note. Fingerings are indicated above the notes: (1, 3, 1, 2), (3, 1, 3, 1), (1, 2, 3), (1, 3, 2), (1, 3, 2), (3, 1, 3, 1), (3, 2, 1, 3), and (1). The bottom staff is in bass clef and common time (3/4). It follows a similar pattern but starts with an A note, followed by black notes (B, C, D, E, F, G, A) and white notes (A, B, C, D, E, F, G), ending with an A note. Fingerings are indicated above the notes: (1, 3, 1, 2), (1, 2, 3), (1, 3, 1, 2), (1, 3, 1, 2), (1, 2, 3), (1, 3, 2), (1, 3, 2), (1, 3, 2), and (1).