

Hand, Hand, Fingers, Thumbs Warm Up

By Wolf Trap Master Teaching Artist Kofi Dennis

Goal:

This experience demonstrates how to use basic body parts as a warm up while teaching steady beat, focus, balance, spatial awareness, and following directions.

Procedure:

1. Show me one hand, wave it. Show me the other hand, wave them.
 - a. Put your hands together, and rub them slowly, slowly, slowly. Rub them faster, faster, faster...and stop! (Repeat the experience as many times as needed).
2. Show me hand, hand, hand, hand, fingers, thumbs! (Repeat experience to the steady beat)
3. Be sure to establish a steady beat and have children CLAP, CLAP, CLAP YOUR HANDS! CLAP, CLAP, CLAP YOUR HANDS! EVERYBODY CLAP YOUR HANDS! CLAP YOUR HANDS AND COUNT one, two, three, four.....ten!
 - a. (You may sound the triangle at end of the tenth count.)