

Name of exercise	Finger circles
Description of exercise	<p>Begin with holding the first fingers of both hands at shoulder height with the fingers pointing forward, away from the body.</p> <p>Imagine the fingers are positioned at the top of a large circle</p> <p>Circle the fingers clockwise for one rotation</p> <p>Then circle the fingers anticlockwise for one rotation</p> <p>Then circle the fingers in opposite directions for one rotation</p> <p>Then turn the fingers to face each other</p> <p>Circle the fingers forward for one rotation</p> <p>Circle the fingers backwards for one rotation</p> <p>Circle the fingers in opposite directions for one rotation</p>
Key themes that this exercise can support	Coordination, sequencing and spatial awareness
Emphasised at	First and Second Levels
Appropriate for	First – Fourth levels