

**GOALS: Finger Circles**

Fine-Motor Skills: fingers  
 Body Awareness  
 Body Sense Proprioception  
 Eye-Hand Coordination  
 Following Directions

Skill Development	Instructions	Exercise
<p><b>Eye-Hand Coordination</b> = is the ability to do activities that require the simultaneous use of our hands and eyes.</p> <p><b>Proprioception</b> = how the body senses itself. The unconscious awareness of the position of our body parts, their relation to each other, and their relation to other people or objects.</p>	<ul style="list-style-type: none"> <li>• Sit in the BOX.</li> </ul>	<p>Put all your fingertips together. Start with your thumbs. Pretend the other fingers are glued to each other. Move your thumbs clockwise around each other. Do 5 circles. Move your thumbs anticlockwise around each other. Do 5 circles. Repeat with your eyes closed.</p> <p><u>Repeat with:</u></p> <ul style="list-style-type: none"> <li>• Pointer fingers</li> <li>• Middle fingers</li> <li>• Ring fingers</li> <li>• Pinkies</li> </ul>

**Feedback/Notes**