

Objective 7

Demonstrates fine-motor strength and coordination

a. Uses fingers and hands

Related Objectives: 8a, 8b, 11a, 15a, 20a

What You Do

1. Recite the following rhyme with actions.

Hands can wave hello and wave good-bye

[wave one hand and then the other]

and reach up high to touch the sky. [reach

hands up and wiggle fingers]

Hands can clap soft and clap loud [clap hands]

and make me feel very proud. [pat self on back]

Hands can make a fist and hands can wiggle

[make a fist and wiggle fingers]

and sometimes they even make me giggle!

[tickle under chin]

- Invite the children to think of other actions that their hands can do.
- Once the children are familiar with the rhyme, pause at the end of each line and encourage them to fill in the rhyming word.
- Adapt the rhyme to include numbers and show the quantity with their fingers, e.g., “Hands can count from one to 10 (hold up one finger and then 10 fingers).”