

partner

Hook Ups

This activity twists your arms so that your brain really has to think to decide what finger to move.

1. Stand up and find a partner. Decide who is A and who is B.
2. Person A should do this: Try to clap, but miss. Put thumbs down. Clasp your hands together. Pull your hands inward rolling them towards you until your hands are on top and your elbows are near your side.
3. Person B should now point to a finger of person A. Don't touch their finger. Now person A should wiggle the finger that was pointed at. Do this for four different fingers (or a thumb).
4. Now the roles should reverse.



Idea from Jean Blaydes