



Brain**STAR**
Strengthening Through Action Repetition

Classroom Activities



Finger Thumb

Suggested Levels: 8-12

Time: Less than 5 minutes

Foundation: Hand/eye Coordination

Equipment: None needed

Objective: Promotes movement to refocus the brain while practicing key foundations.

Description: Put your hands out in front of you making two fists. Point your index finger on one hand and stick your thumb out on the other hand. Now switch... and switch again... How fast can you go?

Source: *Modified from* <http://www.coloradoedinitiative.org>