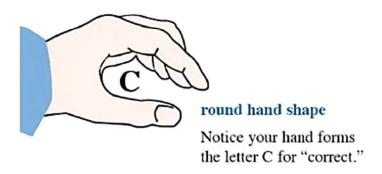
Making a Round Hand Shape

Hold your hands out with fingers straight.
Notice the fingers are all different lengths.



Now relax and round the hand.
 Magic! Your fingers are all the same length.



Hand Shape Warm-up

Open, then close your fingers to a round hand shape.
 Do it several times. Say, "Open, closed," etc.

Now continue the motions in rhythm with the duet!

Wrist Warm-up

4. Gently flop your wrists down (and up) with a round hand shape. Pretend to shake water drops off your fingertips.





Teacher Note: This duet allows the student to practice an open and round hand shape to a steady beat.