

# Finger Fidget Script

This exercise is called the finger fidget, and it's great to help with focus. Your brain is connected to the muscles in your fingers, so when you exercise your fingers, you exercise your brain too, which prepares us to focus.

Let's try this one together, sit or stand tall.

Let's take three soft, mindful breaths.

\*B\*

\*B\*

\*B\*

Press the fingertips of both hands together in front of your chest.

Keep your fingertips touching and tap your thumbs together five times, you can also pair it with saying "tap tap tap tap tap."

Now tap your pointer finger together five times. Keep the other fingers still. "tap tap tap tap tap."

\*B\*

Tap your middle fingers

"tap tap tap tap tap"

\*B\*

Then tap your ring fingers

"tap tap tap tap tap"

\*B\*

then your pinky fingers: "tap tap tap tap tap"

Now start with the pinky fingers and go back the other way to your thumbs

pinky finger,

ring finger,

middle finger,

pointer finger

and thumb.

Lastly shake out your hands and wiggle your fingers.

