

Making a Round Hand Shape

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



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



round hand shape

Notice your hand forms the letter C for “correct.”

Hand Shape Warm-up

3. 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 Duet: (Student does *open-closed* motions in rhythm to the music.)

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