



GESTURE CHALLENGE



How to play: Start by using your dominant hand first. Begin by going through each picture card one at a time to warm up (there are 10 total hand gestures). Then, move on to the sequence of 3 and all the way up to 6. Once you've mastered the game with your dominant hand, try your non-dominant hand or even try it with both at the same time to work on bilateral coordination.

Skills Targeted: fine motor skills, motor planning, finger isolation, scanning.

Key Terms:

- **Fine motor skills: (dexterity)** coordination between small muscles, like those of the hands and fingers, with the eyes
- **Motor planning:** the ability to conceive, plan, and carry out a skilled, non-habitual **motor** act in the correct sequence from beginning to end
- **Finger Isolation:** the ability to move each finger one at a time.
- **(Visual) scanning:** the ability to use vision to search in an organized and efficient manner, such as top to bottom and left to right
- **Bilateral coordination:** the ability to use both sides of the body at the same time in a controlled and organized manner. This can mean using both sides to do the same thing













