

NEFS Level 3 Week 4 Sept-Oct 2020

Flexible Fingers



Bow Hold Exercises (these are how I explain it to children but they're really good visual representations of what to do!)

- Can you make jellyfish motion?
- Can you throw a ball at the screen?
- Can you lift your hand up and down, landing in your left hand with scrunched fingers?
- Can you keep your arm flat but slide your fingers up so your knuckles make a mountain? Then flatten the knuckles and scrunch the fingers.
- Can you play an up bow open string and then stop at heel and scrunch your fingers up?