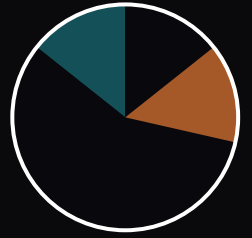


FINGER EXERCISE

PROBLEM SOLVING
CAREER & PERSONAL DEVELOPMENT



Contrary Motion

Refresh your mind with these simple exercises.
Preserve your WPM!

This method was inspired by Thriving in Action, a resilience and wellbeing program created by Diana Brecher and Deena Kara Schaffer (Ryerson University).

DESIGN HACK



It takes practice - I would practice it myself until I could do it fairly well before demonstrating for students.



TIME

It should only take **1-2 minutes**, but do it often!



MATERIALS

- Your hands.
- A few quick seconds.



PARTICIPANTS

INDIVIDUAL



DIFFICULTY

2/5 DOABLE

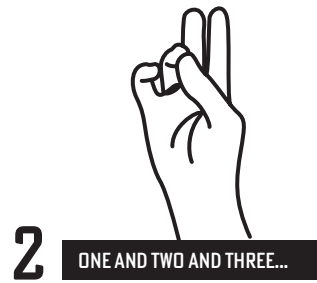


STEPS ON
BACK!

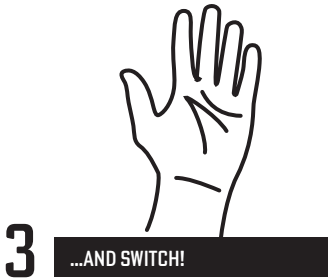




- Lift your right hand.



- Touch your index finger to your thumb.
- Now, switch fingers and touch your middle finger to your thumb, then your ring finger to your thumb.
- Stop with your pinkie finger and thumb connected.



- Lower your right hand.
- Lift your left hand.



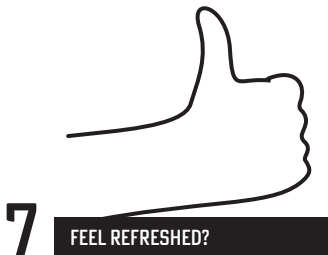
- Touch your index finger to your thumb, then middle finger to thumb, then ring finger to thumb.
- Stop with your pinkie finger and thumb connected.



- Lower your left hand.
- Raise both hands.



- Touch your index finger to your thumb, then middle finger to thumb, then ring finger to thumb.
- Stop with your pinkie finger and thumb connected. Lower your hands.



- Repeat a few times until your mind feels more focused and clearer.