

## Bow Hand

### Bow Holds

- Thumb and 2<sup>nd</sup>, 3<sup>rd</sup> fingers
- Bunny
- Pick strawberries
- “Danimals” shape
- Wet-hands
- Hand-Outs

### Bow exercises in air—always vertical

- Rockets,
- Circles
- Outline of something in room,
- Write your name in cursive

### Thumb power

- Monkey up a stick-be sure to lead with thumb
- Champagne cork
- Outline base-line of palm of hand
- Finger Lifts

### Bow Control

#### Straight Bows

- Make a T, credit card effect
- Ferris Wheel

#### String Crossings

- Rock and Roll
- Around the corner-bicycle handle bars
- Bounces and Dribbles
- Hand balance—hold bow with either hand—let it balance

#### Tone Helpers

- Breathing—Slow scale—exhale and inhale
- Grunts
- Tug of War
- Stretch Bands