

Finger Gym - Car Challenge

1. Print & Place

- a. Place the printable on a flat surface

2. Match Your Fingers

- a. Each finger is colored differently. Line up your real fingers with the matching colors on the hand image.

3. Touch the Cars

- a. Use the correct fingers to touch cars of the same color.

4. Use Both Hands

- a. Start with one hand, then switch to the other. This helps train both sides of the brain and build balance.

5. Level Up

- a. Try to go faster each time. See how many cars you can match without messing up!

Right Hand



Left Hand

