

Bow Hold Rhymes and Shapes

Preparing for the Bow Hold



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Here are some fun shapes to help you prepare for holding the bow.
Remember to keep your hand **flexible** at all times!

Make a Rabbit ... Not a Wolf!

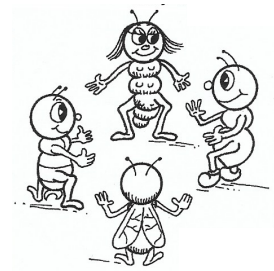
Make a 'rabbit' shape with your right hand... not a 'wolf' shape! This means that your thumb must be curved, not straight. Drop the 2nd and 3rd finger over the curved thumb (the rabbit's teeth!), leaving a small space between the fingers. Then, wiggle your first and little fingers (like rabbits' ears!).

Now sing (or say) this little song for placing the thumb and little finger on the bow ...

Curved Thumb And Curly Little Finger

"Curved Thumb and Curly Little Finger on the bow."

A A B A B A B A G Fs E D



Now it's time to place the fingers onto a pencil. Rest the pencil on your right thumb, then drop the second and third fingers over. Place the pad of the little finger on the top of the pencil. Allow your first finger to fall naturally onto the pencil, halfway between the first and second joint.

Turn your hand over... is there enough space between your thumb and the palm of your hand, for a tiny mouse to sit in? Look through the hole ... as if you're looking through a telescope!

Fly Up High

Turn your rabbit shape into a 'swan'... bend the wrist, and make the pencil 'fly', (like a swan with a stick in its beak!)

"Fly up high in- to the sky ssh!...."

A Fs A Fs A Fs A

Flop your wrist and make me fly "

A Fs A Fs A Fs D