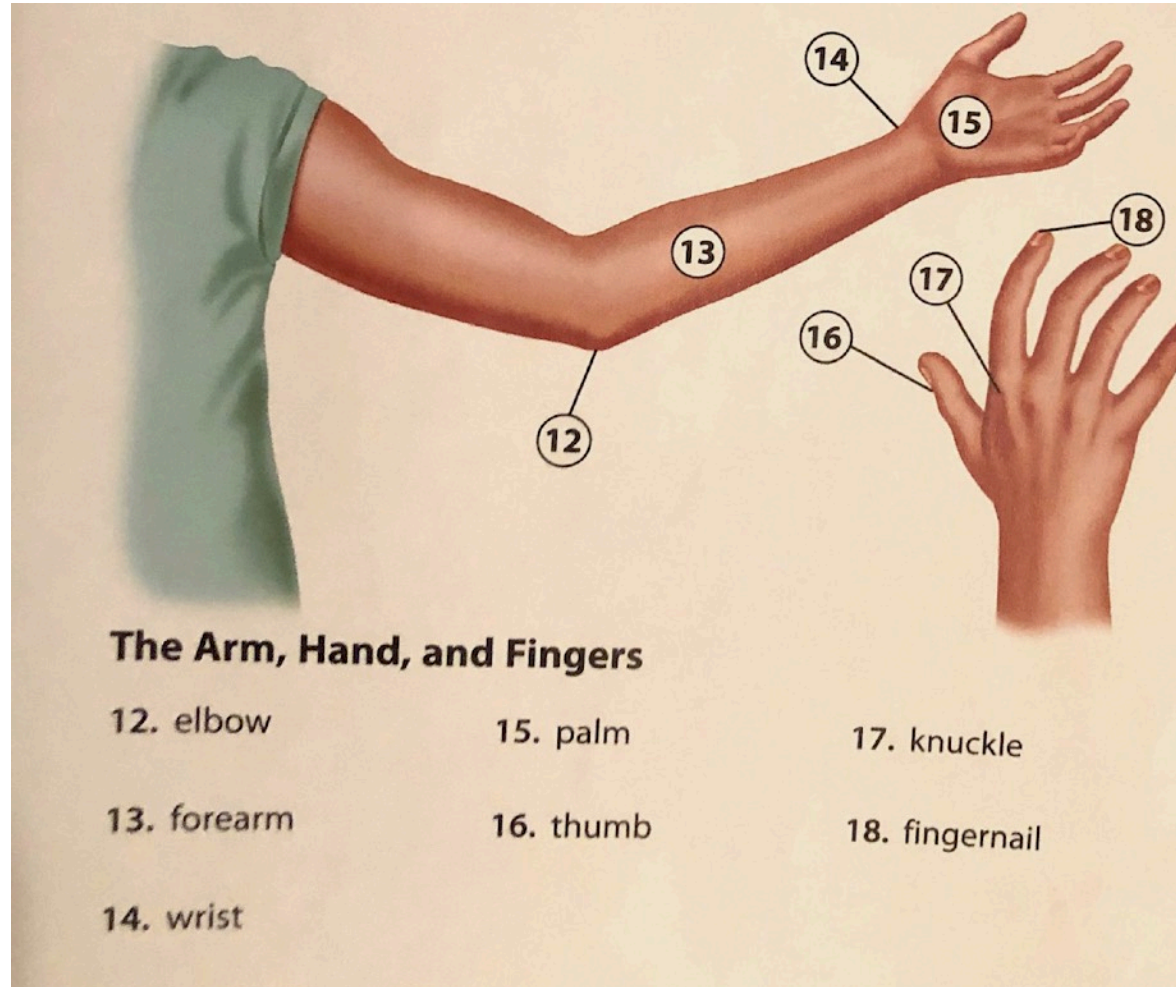
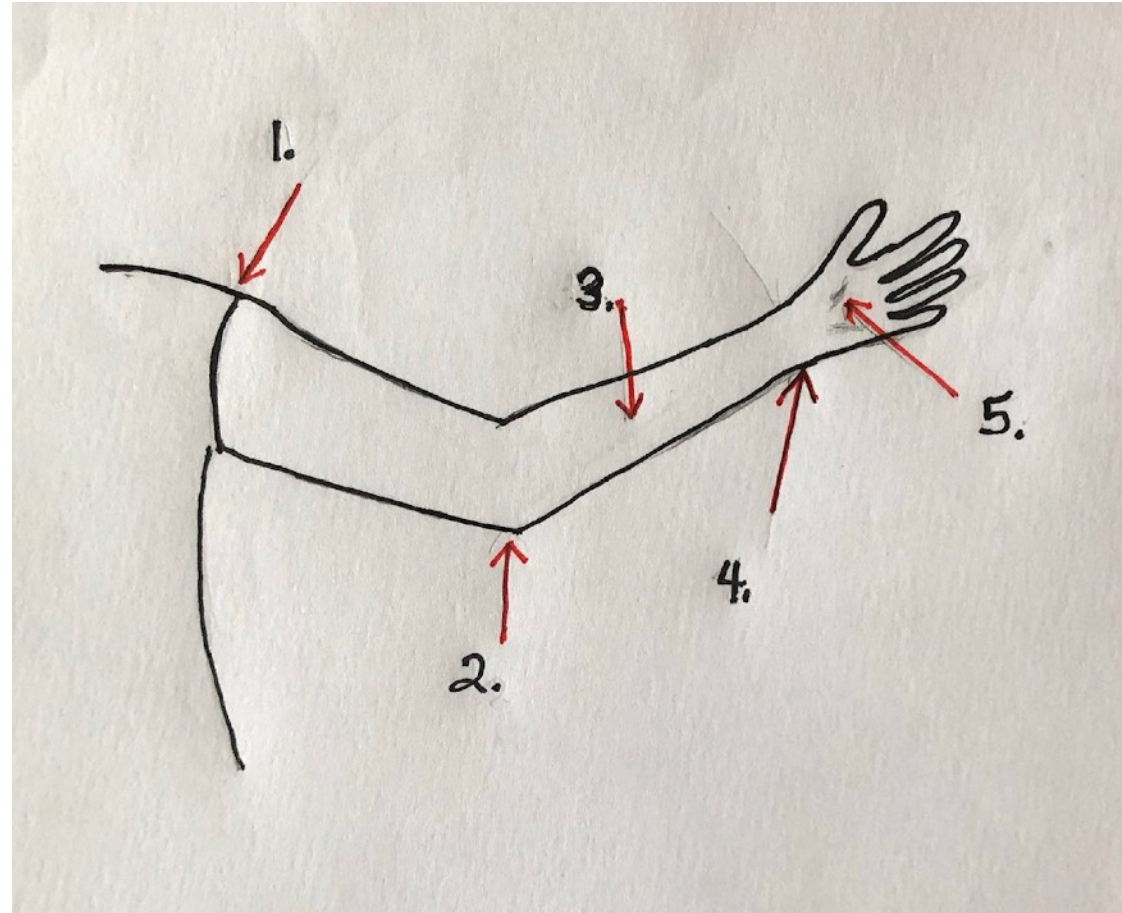


# Arms, Hands, and Fingers

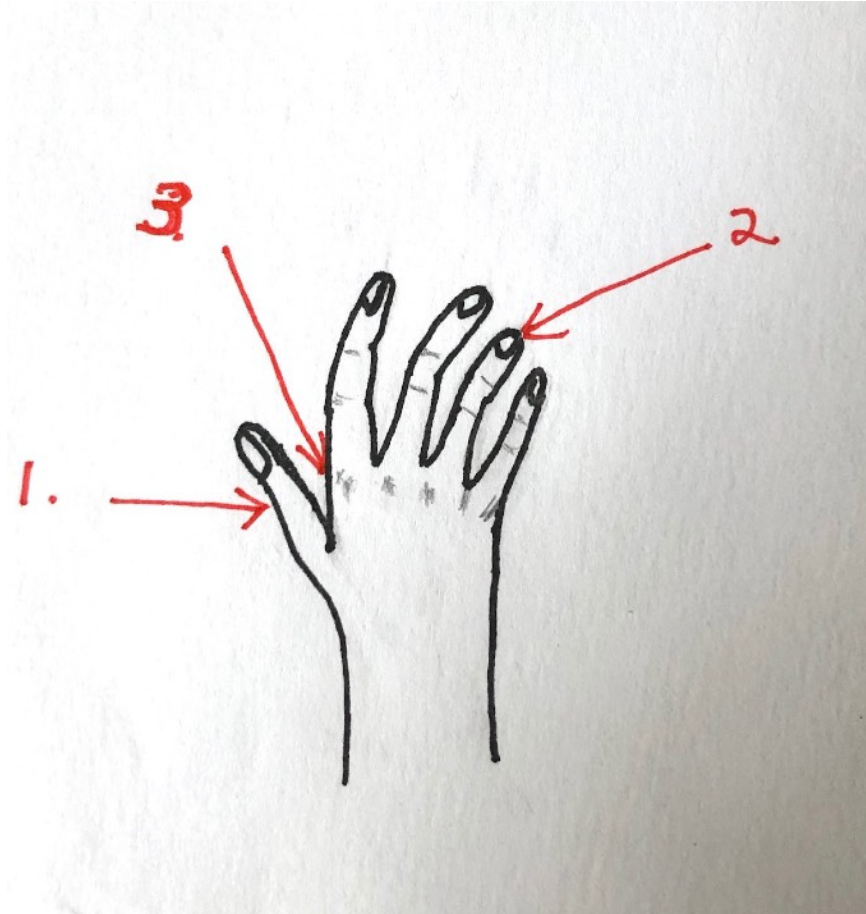
# The Arm, Hand, and Fingers



# Name the parts of the arm

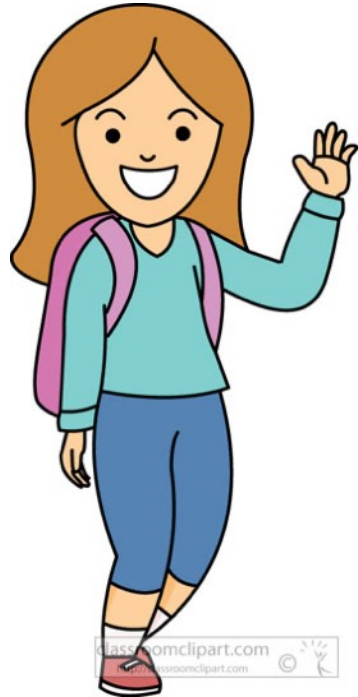


# Name the parts of the hand



# You can do many things with your hands.

- You can wave your hand.



- You can clap your hands.



You can shake hands.



You can raise your hand.



You can hold hands.



You can hold a baby.



You can hold a book.



You can make a fist.



You can pound your fist.



You can cup your hand.



You can cup your hands.



Because of the corona virus, people do not shake hands. They **fist bump** or elbow bump.



You can throw a ball.



You can catch a ball.



You can fold your arms.



You can reach.



# You can open and close things.

You can open the door.



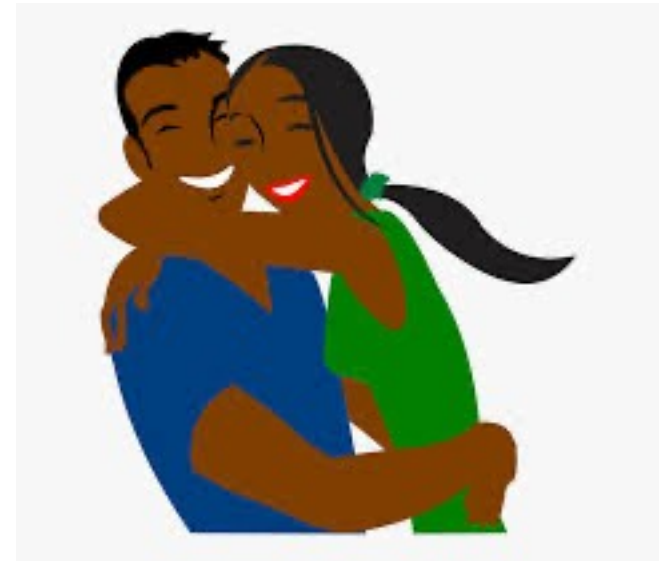
You can close the door.



You can slam the door.



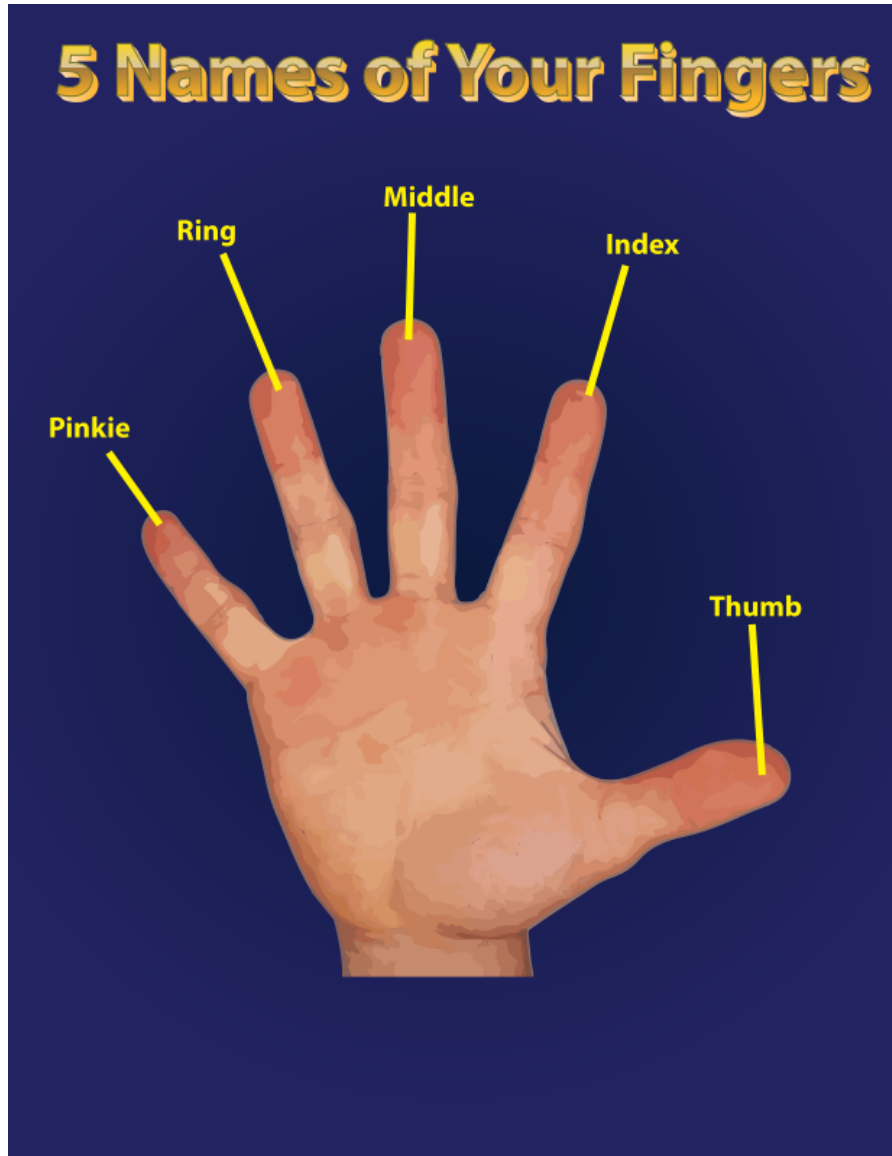
You can hug.



If you are with a lot of friends, you can have a group hug.



# Names for fingers

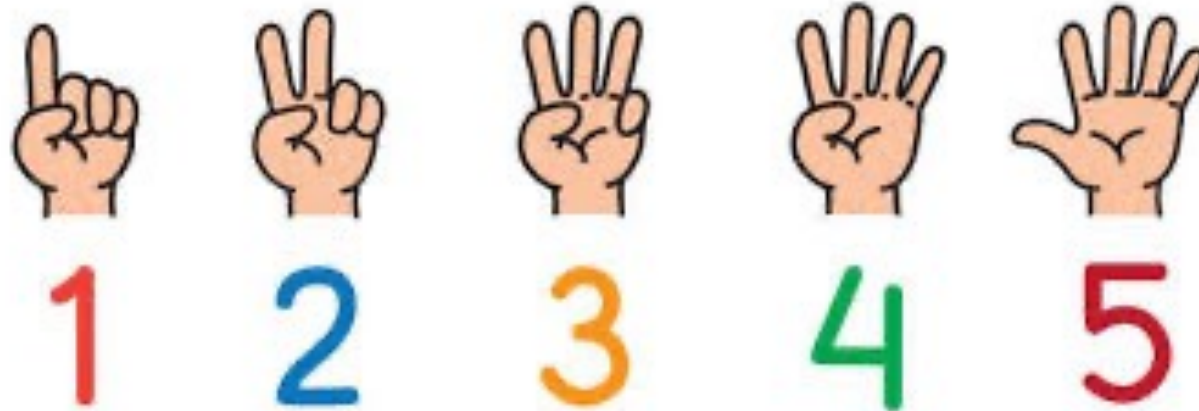


The smallest finger is named the pinkie finger or little finger.

You point with your index finger.

We usually wear a ring on our ring finger. We wear wedding rings on the ring finger of the left hand.

# Things you can do with your fingers



You can count with your fingers.

You can point your finger.



You can snap your fingers.



You can cross your fingers for good luck.



You can say, "Okay."



# Thumbs up

You can agree or show that you like something.



# Thumbs down

You can disagree or show that you don't like something.



You can suck your thumb.



# You can play finger games with babies.

You can play Pat-a-cake with a baby.



*Pat-a-cake, pat-a-cake, baker's man.*

*Bake me a cake as fast as you can,*

*Roll it and prick it and mark it with B,*

*And put it in the oven for baby and me.*

(Some people use different words. These are the words I learned.)

You can pet your pet.



You can punch someone.



You can scratch an itch.



You can grab a bag.



You can tickle a penguin.



You can play a guitar. Can you play a guitar?

You can finger paint. Have you ever finger painted?

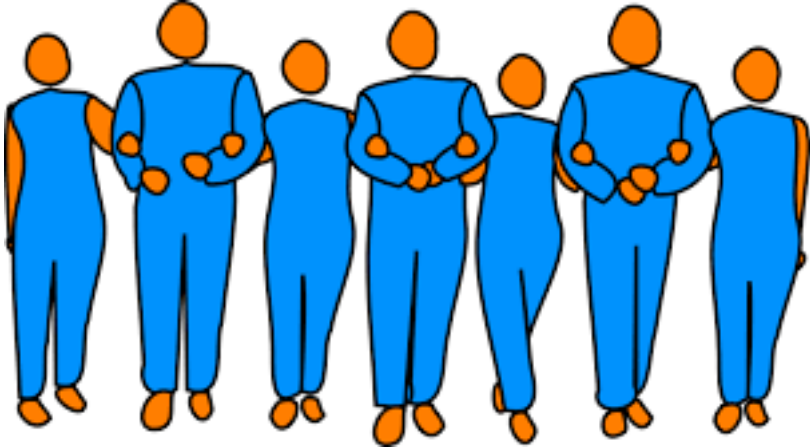


You can signal “come here”.



In some cultures this gesture is rude. Is it in yours?  
Is pointing rude in your culture?

You can link arms.



You can arm wrestle.



## IDIOMS

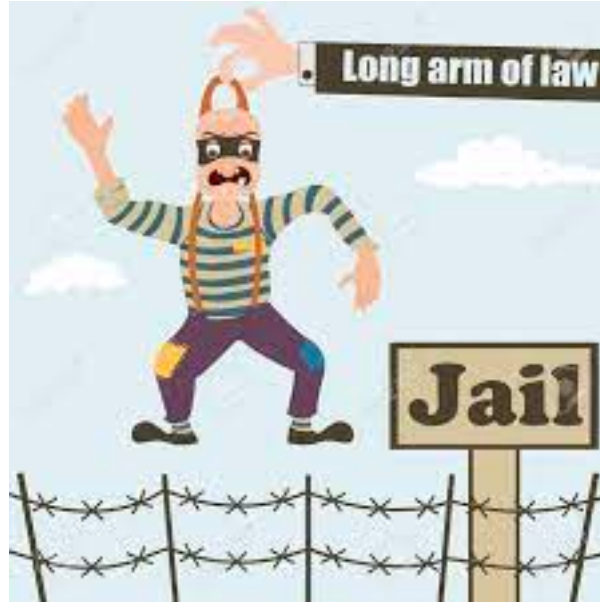
**Les:** Why are you cleaning up the kitchen? I thought you hated washing dishes.

**Sam:** I do hate washing dishes. But my wife **twisted my arm**, and I agreed to do it.

If someone “twists your arm”, they pressure or force you to do something.



Someone stole my car last night. The police said that I shouldn't worry. The **long arm of the law** will catch the thief.



The “long arm of the law” refers to the ability of the police to catch criminals no matter where they run. Police departments cooperate with police from other states. It is very hard to find a place to hide where you can't be found.



**Child:** Mom, hurry and hand me the scissors I want to cut this tag off my shirt.

**Mom:** Be patient. I will hand you scissors when I finish stirring the soup. I **only have one pair of hands**, you know.



If you tell someone you only have one pair of hands, you are telling them you are busy and they will have to wait until you finish your other jobs.

Another way to say you are too busy to help someone, is to say “**I have my hands full**”.

**Child:** Mom can you help me with this math problem. I can't figure it out.

**Mom:** I can't help you right now. I have my hands full. I have to finish ironing Dad's shirt, then feed the cat and take the dog for a walk.



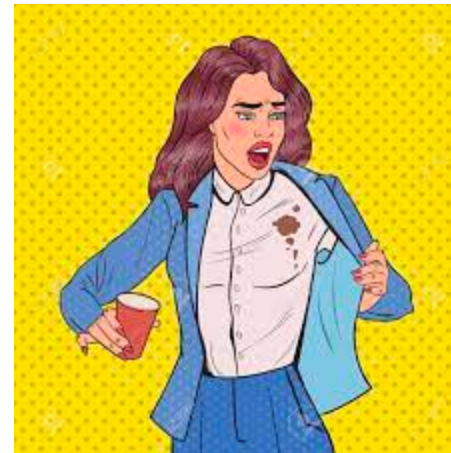
**Teacher:** Mrs. Jones, can you help at the school fund-raiser?

**Mrs. Jones:** I'm sorry, but I can't help. I am a single mother with three small children and a full-time job. My hands are full.



Oh no, I spilled the coffee. I am **all thumbs** today.

If you are “all thumbs”, you are clumsy. You drop things, or spill things or knock things over.



These dirty pots will be hard to clean. You'll have to use some **elbow grease**.



**Elbow grease** is hard, physical work. You can't clean really dirty pots by just wiping off the food. You will have to scrub them very hard.

I opened my restaurant just before Covid hit. I don't have much business. I hope I can keep my restaurant open. But right now, I'm just **hanging on by my fingernails**.



If you **hang on by your fingernails**, you are succeeding, but you are very close to failing.

I am so tired. I spent all day cooking and cleaning. I have **worked my fingers to the bone**. My family **didn't lift a finger** to help me. Now that they have eaten, they are all sitting in front of the TV watching a movie while I wash the dishes.



If you have “worked your fingers to the bone”, you have done a lot of hard, physical work. If someone “doesn't lift a finger”, they don't offer to help even in a small way.



Andy wore a bright orange shirt and tie to work today. He **stuck out like a sore thumb**.

If you “stick out like a sore thumb” you are very noticeable because you look different from everyone else.

Choose one of the idioms below. Tell about a situation when you could use this idiom.  
Teachers, you may need to do one first as an example.

1. twist your arm
2. the long arm of the law
3. only one pair of hands
4. have your hands full
5. all thumbs
6. elbow grease
7. hang on by your fingernails
8. work your fingers to the bone
9. don't lift a finger
10. stick out like a sore thumb