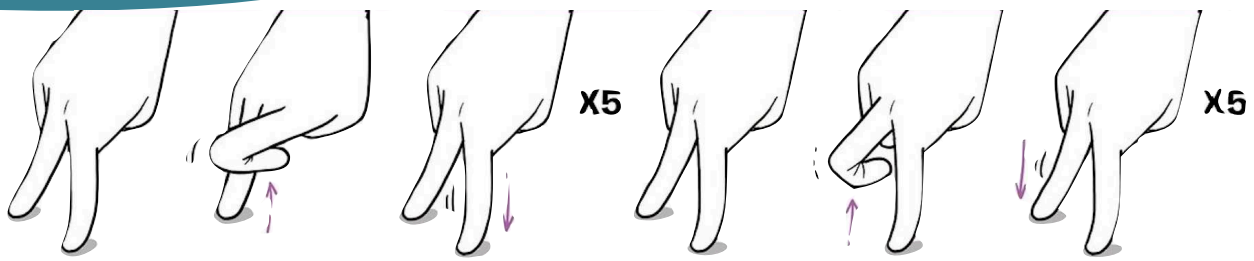
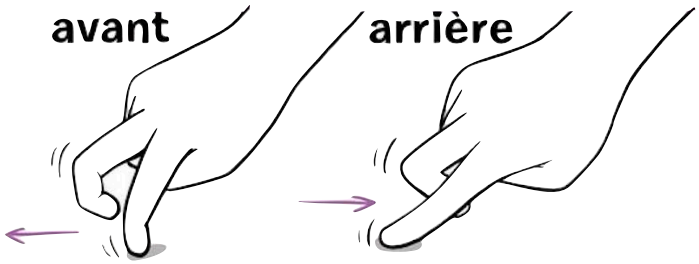
Bouge ta plume

La gym des doigts

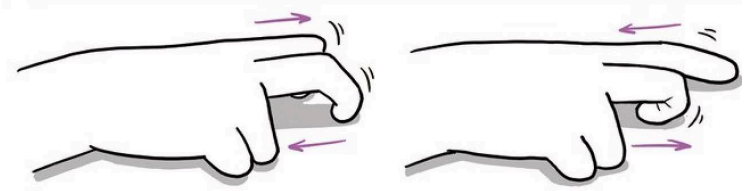
L'aérobic



La marche

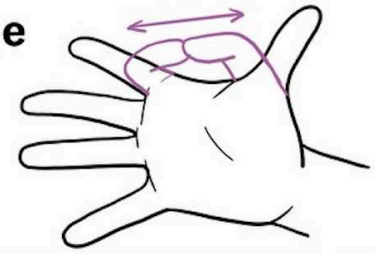


Gratte-gratte



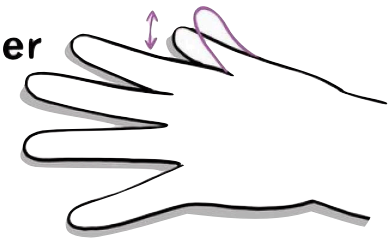
Piano-pouce

contact du pouce
avec les autres
doigts les uns
après les autres



Piano-plat

soulever et reposer
5 fois chaque doigt
en commençant
par le pouce



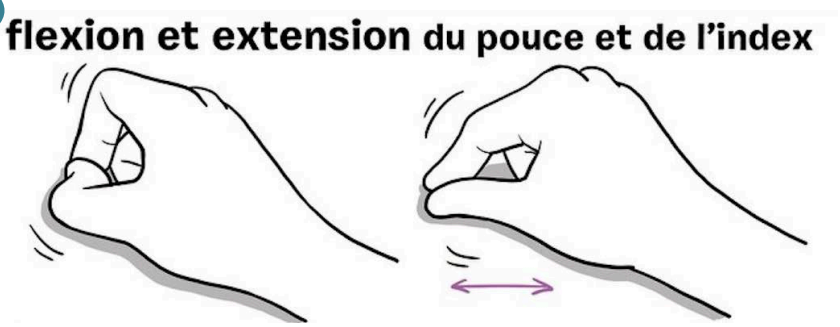
crédit dessins : Lynda Corazza

Bouge ta plume

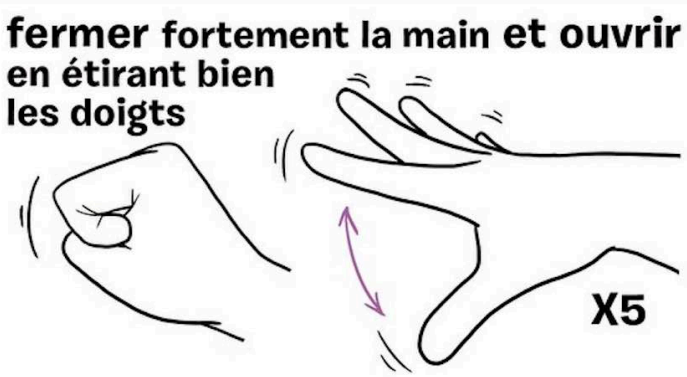
La gym des doigts

Bravo !

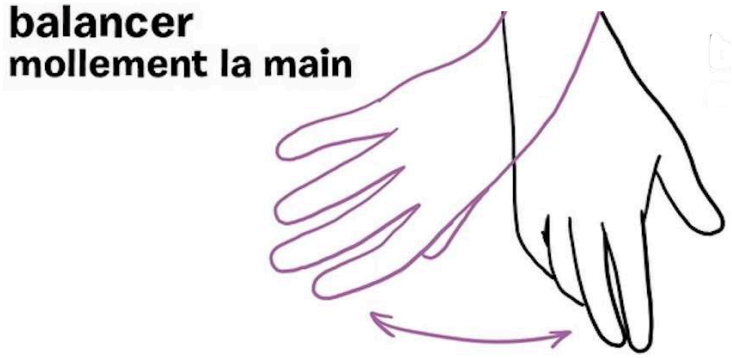
Picoti-picota



Bouhh !!



La pendule



crédit dessins : Lynda Corazza