

Adobe SUMMIT

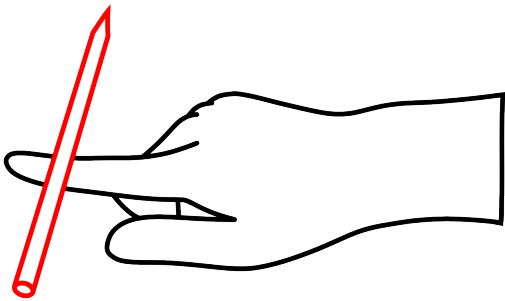
Pen Spinning

Impress your peers and hone your fine motor skills with the “thumb around” pen spin.

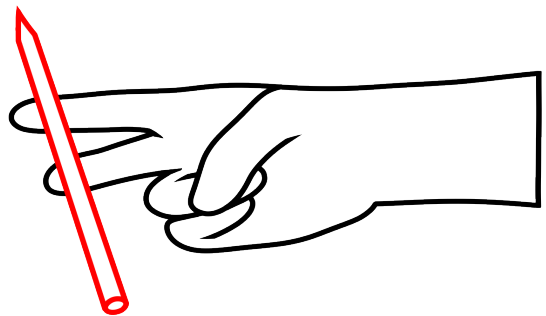
This spin rotates your pen 360 degrees around your thumb, safely back into your hand. The three stages are the Grip, the Push, and the Catch.

The Grip:

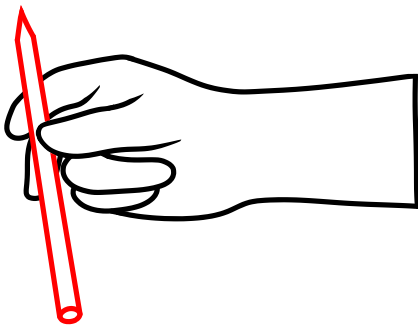
1: Balance the pen on the top of your index finger to locate its center of gravity.



2: Make a relaxed peace sign, then place the pen on top, with your middle finger under the pen's center of gravity.

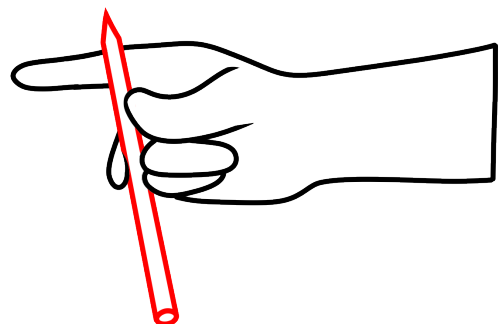


3: Place your thumb between your two fingers, on the opposite side of the pen.



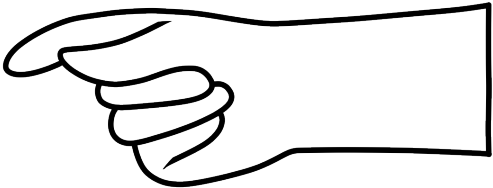
The Push:

4: To release the pen, extend your index finger outward.

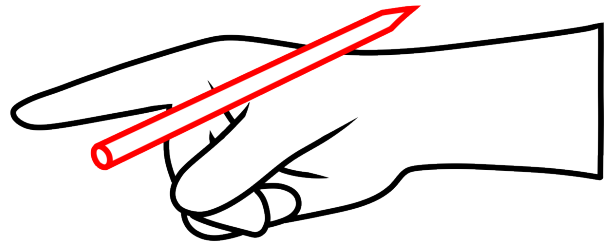


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5: The Push is similar to how you would snap your fingers, only done with lighter pressure. Your middle finger should rub the side of your thumb in a consistent, smooth motion.



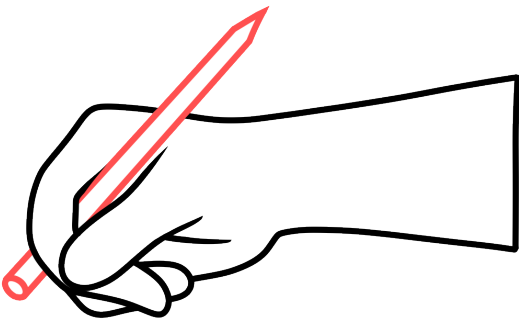
6: Finding the right amount of force to use is a trial-and-error process. Too little and the pen will fall before a complete rotation; too much and it could go flying. **The perfect push should land the pen in the groove between your thumb and index finger.**



Try to keep your hand steady. Your middle finger should be doing the work.

The Catch:

7: Clamp down on the pen to catch and complete the spin!



Great job!

Don't get discouraged if you don't get it on the first try! The secret to consistent and successful pen spinning is practice.