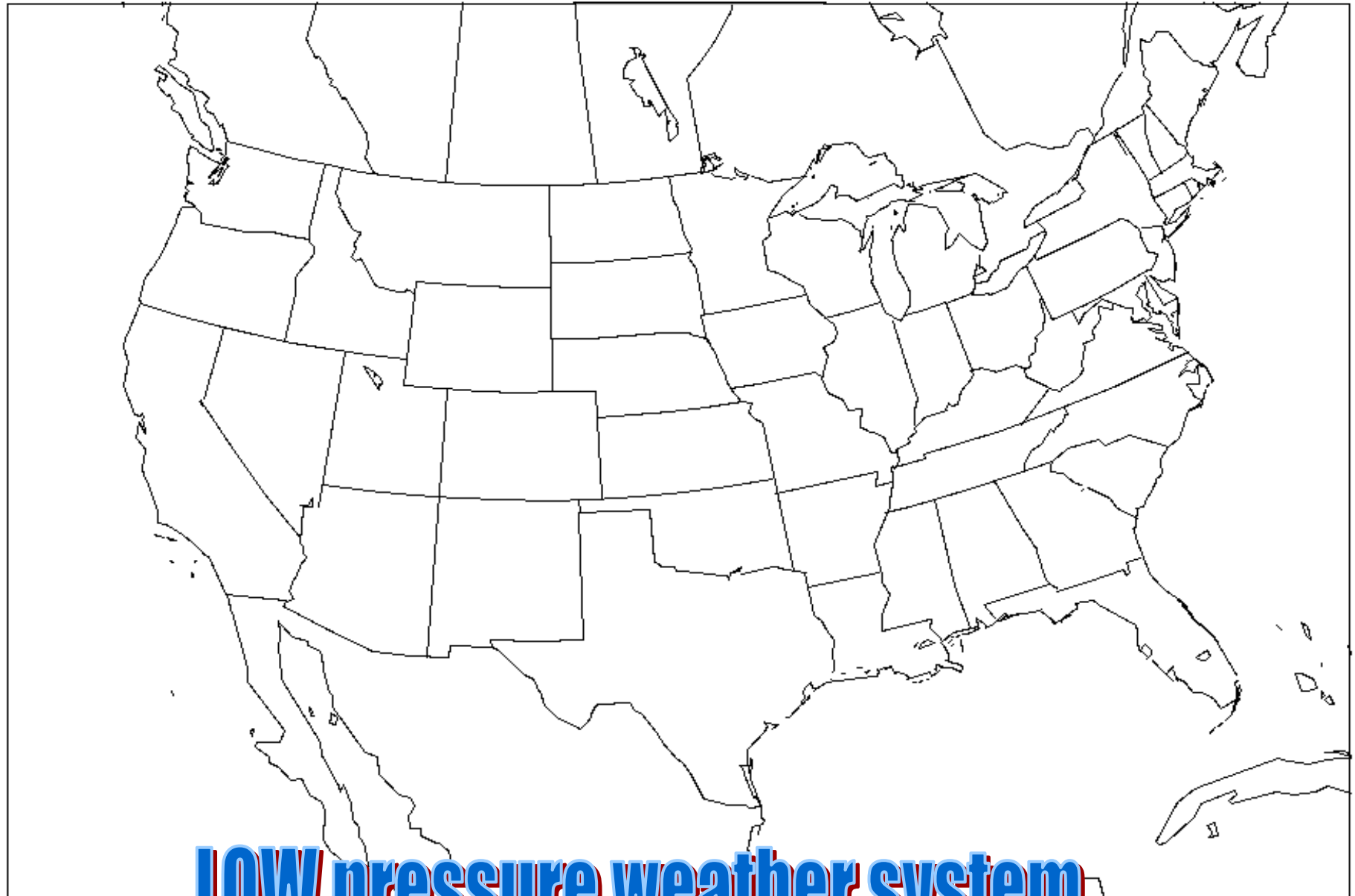


Place your left hand flat on the map. Put numbers at the locations of your fingertips, pinky is 1, thumb is 5. Begin to lift your palm up while you twist it slowly to the left. (counter clockwise) After moving one inch, renumber your fingertips. Repeat this every inch or so until you have all your fingertips next to each other, and your palm is completely up. Connect your numbers with straight lines. Label your low pressure system with a large “L” where all your fingertips came together. Your hand represents how air moves in a **low pressure system**—in and up.



LOW pressure weather system

Place your right all together, standing up on the map. (The same position you ended on in the first exercise.) Put numbers at the locations of your fingertips, pinky is 1, thumb is 5. Begin to lower your palm while you twist it slowly to the right. (clockwise) After moving one inch, renumber your fingertips. Repeat this every inch or so until you have all your fingertips completely spread out, and your palm is completely flat. Connect your numbers with straight lines. Label your high pressure system with a large “H” where all your fingertips came together. Your hand represents how air moves in a **high pressure system**—down and out.

