

# How to Use Chopsticks

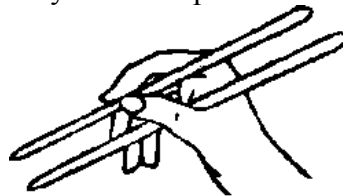
Using chopsticks involves over 30 joints and 50 muscles in the fingers, wrist, arm, shoulder as well as thousands of nerves. Although it may look challenging to master the use of chopsticks, it is actually a fun exercise and a nice skill to have. In this activity booth, you can have fun to learn how to use chopsticks and practice picking up candies, gummies, or cheerios for sweet treats. In case you miss forks in the next camping trip, you could make your own chopsticks and pick up your food!

Step 1: Prepare two chopsticks of the same length. Snap them apart if they are disposable chopsticks made together.

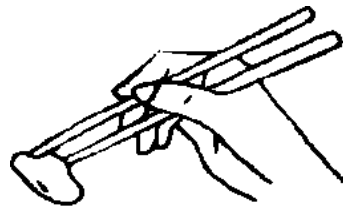
Step 2: Take one of the chopsticks and tuck it under the thumb of your right hand. Let the stick sit between the bottom of the index finger and the side of the ring fingernail.



Step 3: Add the second chopstick. Hold it as you hold a pencil.



Step 4: Hold the first chopstick (bottom) stationary. Squeeze and release the chopsticks by moving the second stick (top) up and down.



Now you can practice picking up anything with the chopsticks. A detailed illustration of the use of chopsticks is shown below, originally from <https://www.pandabambu.com/tips-of-how-to-use-chopsticks/>.

