

Helping Hand

This could be used as a one-to-one or group exercise.

Each person draws around their own hand and then fills in the fingers in relation to different areas where they can find strength and help. For example, on the thumb write the name of someone they trust and can talk to and on the small finger write something that makes them happy, such as walking the dog, swimming etc. In the palm write something that they consider to be a strength within themselves, for example, the ability to cope in a crisis or being able to write feelings down in a diary etc.

Better for older students who are able to reflect on themselves and the world around them.

My Helping Hand

