

Health and Wellbeing- Positivity in the palm of your hand

I hope you have all had another good week of home learning.

For this week's Health and Wellbeing activity you are going to be using your senses to create a happy memory in the palm of your hand.

Here are the steps you need to take to create your positive handprint-

1. Draw round your hand on a piece of paper. Ask someone at home to help you if this is tricky.
2. Think about something that you love doing, a happy memory or a place that you feel happy. Draw a picture of it in the middle of your hand- on the palm of your hand. Add lots of detail to your picture.
3. Next, think of the 5 senses. Do you know them all? Write each of them above each of your fingers and thumb.
4. Now think about how each of the senses relates to the picture you have drawn in your palm. Write or draw a picture for each inside your fingers. Look at the example below for ideas.



5. Use your positive palm and your senses to help you remember that happy memory or happy place!



Have fun creating your positive palms. It would be great to see some of them on the blog but if you feel that yours is private and you don't want to share it that is okay too. Take care everybody! ☺