

Helping Hands

30mins

KS 1/2

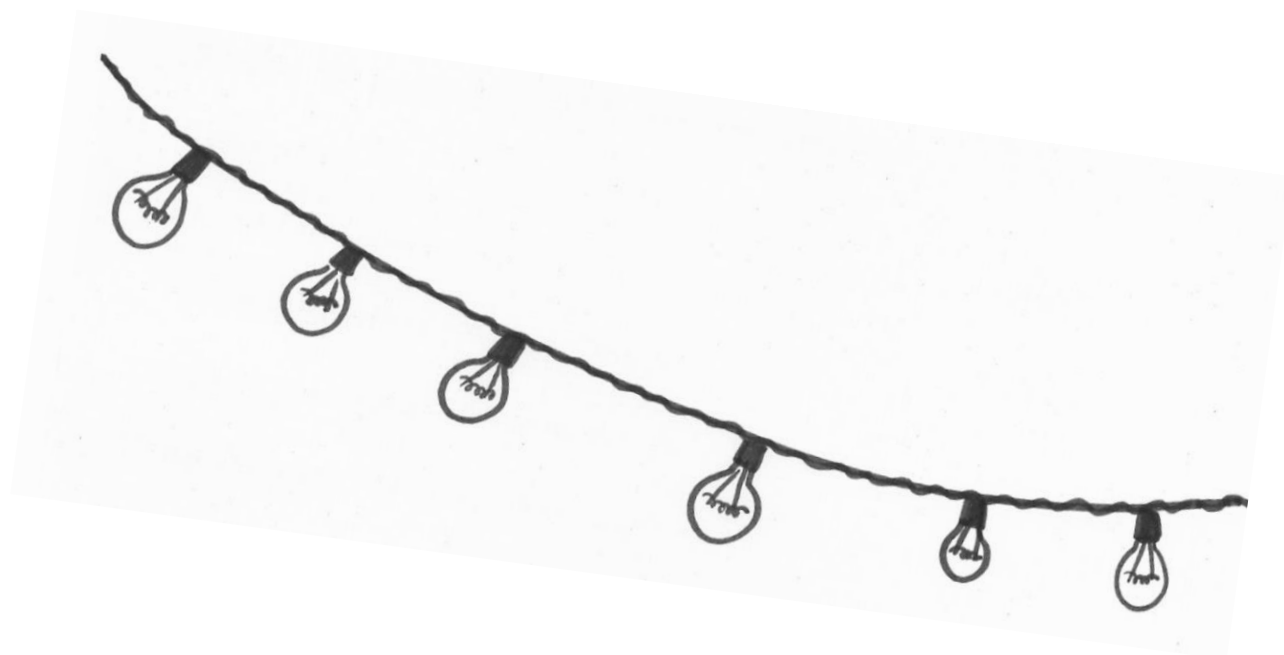
This activity helps children to identify the people they could talk to in different situations when they need support.

What you will need

A helping hand outline for each child covering each topic

Method

- Choose a topic to focus on for the activity e.g. Bullying, worrying, feeling sad, struggling with school.
- Ask each child to think about people that could help them deal with the chosen topic.
- Write the names of sources of support on the fingers of their hand outline.
- Create a helping hands wall by adding each child's hand to a collective display.
- You can allow children access to their handprints throughout the day so that when they think of a new strategy or person they could go to for help they can add it to the wall.
- This activity can also be used in the context of characters in a story you read.



Helping Hand

- On each finger write down someone or somewhere you can go to if you need help.
- Or draw on the hand, someone who you can go to if you need to talk

