

Well being Task

Think of your own positive memory and create your own positive hand

Step 1 - draw round your hand

Step 2 - Think of a positive memory eg walking the dog/going on holiday

Step 3 - Write each of the five senses (see, hear, smell, taste, touch) on each of the five fingers.

Step 4 - Draw and or write about your positive memory in the palm of the hand.

Step 5 - Identify how your memory is experienced using each of the five senses on each finger and write or draw a picture for each.

Step 6 - Use your positive hand whenever you are feeling sad, anxious, stressed or lonely. Thinking of this memory can help you feel safe and calm. Sit somewhere quiet breathe slowly and take time to relax and enjoy your favourite positive memory.



Be ready to share your positive hand during our next online session on Wed 1st July

I can't wait to see them!