
Hand Drawing

Learning Outcomes:

- To help increase self-esteem in the participants

Equipment:

- Paper and something to write with

Instructions:

- (You need more than one person for this – see below for a variation for just one person.)
- Give each person a piece of paper and ask them to draw around the outline of their hand on to the paper. They should write their name at the top of the page.
- Pass the papers to each other. You should then write something you like about the person named on the paper within the hand outline. If there are more than two of you, you can write a couple of things each, then pass the paper on. If only two, maybe you could write one thing in each finger – so you write five things you like about the person.
- Once you have finished, you can pass the paper back to the correct person – they now have a record of things people like about them.

(Variations for only one person – you could use the internet or other communication methods to ask people one thing they like about you and write it in your hand, or you could think about things you like about yourself or know you are good at, and write them into your own hand. But mostly this will be done with at least one other person, so you can ‘fill in’ each other’s hands.)

National Curriculum: Can be part of underpinning teaching both on mental wellness and healthy friendships (both Primary and Secondary).