

in the palm of your hand

CARRY A POSITIVE MEMORY IN THE PALM OF YOUR HAND TO HELP YOU FEEL SAFE AND CALM WHEREVER YOU ARE

step 1: trace around your hand on a blank piece of paper.

step 2: think of a happy memory that helps you feel safe and calm, a memory that can help you when you experience uncomfortable feelings.

step 3: write each of the five senses (seeing, hearing, tasting, touching, smelling) on each of the fingers and thumb.

step 4: write and draw the memory you thought of in step 1 on the palm of your hand.

step 5: try to identify how this memory is experienced using each of the five senses on each finger/ thumb and write or draw a picture for each.

step 6: once finished have a whole class discussion about how thinking of their memory and all the senses they felt can help them feel a sense of safety and inner calmness.

example of Mrs Loveday's 'in the palm of your hand'

