in the palm of your hand

CARRY A POSITIVE MEMORY IN THE PALM IF 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.

seeing

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.

hearing touching
delicious picnic
cold ice cream
laughter,
birds singing,
children playing the sun on my
face,
the soft grass

freshly cut grass,
sweet aromas from the
picnic

I am with my family in the park.

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