

# Happy Hands

WRITTEN

To help students reflect on what makes them happy, express their feelings through drawing or writing, and improve their fine motor skills by tracing their hands and filling in each finger with something that brings them joy.



## Learning Intentions

**I can reflect on what makes me happy by identifying things in my life that bring me joy:**

This helps students develop self-awareness and focus on positive aspects of their life that contribute to their happiness.

**I can express my thoughts and feelings by drawing or writing inside the outline of my hand:**

This encourages verbal and visual expression as students reflect on and communicate what makes them happy.

**I can improve my fine motor skills by tracing my hand and drawing or writing inside each finger:**

This activity helps students develop coordination and control over their hands, promoting fine motor skills through tracing and writing.



## Success Criteria

**I can trace my hand on a piece of paper:**

This ensures students engage with the activity and practice their fine motor skills.

**I can write or draw something that makes me happy inside each finger of my hand:**

This encourages students to reflect on what brings them joy and express it visually.

**I can share what makes me happy with the group by explaining what I've drawn or written inside my hand:**

This helps students practice verbal expression and share their positive thoughts with others.



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## Objective:

To help students reflect on what makes them happy, express their feelings through drawing or writing, and improve their fine motor skills by tracing their hands and filling in each finger with something that brings them joy.



**Players:** Ideal for 4-20 students.



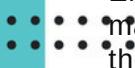
## Materials:

- Paper and crayons, markers, or coloured pencils for drawing and writing.
- Pencils for tracing.

**Time Required:** 10-15 minutes.

## Setup:

Ensure students have enough space to trace their hands comfortably. Provide paper and materials such as crayons, markers, or coloured pencils for the drawing and writing part of the activity.



## Gameplay:

### 1. Introduce the Game:

Explain to students that they will be tracing their hands on a piece of paper. Inside each finger, they will write or draw something that makes them happy, such as their family, pets, or favourite activities.

### 2. Start the Tracing:

Ask students to place their hands on the paper and carefully trace around them with a pencil. Once the hand is traced, they will have a template to work with.

### 3. Draw or Write Inside the Fingers:

Inside each finger of their traced hand, students can draw or write something that makes them happy. For example, one finger could have a drawing of their pet, another could have the word "family," or another could have a picture of a place they love to visit.

### 4. Reflection Time:

Once students have completed their "Happy Hands," ask them to think about why these things make them happy. You could prompt them with questions like, "What makes your pet so special?" or "What do you love about spending time with your family?"

### 5. Sharing with the Group:

After everyone has finished their drawings, invite students to share their "Happy Hands" with the group. They can explain what they've written or drawn in each finger and why it makes them happy. Encourage positive listening and sharing within the group.



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## Winning the Game:

There is no winner in this game. The goal is for students to reflect on what makes them happy, express it creatively, and develop fine motor skills through tracing and drawing. Success is measured by participation, self-expression, and sharing positive thoughts with others.

## Family or Classroom Variation:

In a family or classroom setting, students can create a "Happy Hands Wall" where all of their drawings are displayed for everyone to admire. This fosters a sense of community and celebration of happiness. Alternatively, students can pair up and share their "Happy Hands" with a partner before sharing with the whole group.

## Additional Notes:

"Happy Hands" is a wonderful activity for promoting self-reflection, positivity, and fine motor development. It encourages students to focus on the things that bring them joy and allows them to express those feelings in a creative and meaningful way. This activity can be adapted to different age groups by adjusting the complexity of the writing or drawing tasks.

