



Activity 8:

Hand of Friendship

Aim:

To explore what friendship mean to us.

You will need – Card or foam hand shapes, coloured pens and a range of art and craft materials to decorate the hand.

Activity – To make a Hand of Friendship

First you will need to draw around your hand or use already cut foam hands. On one side of the hand write why friendship is important and how it helps us in difficult times as well as in good times. Give your hand to a friend to complete. Your friend will write the reasons why you are an important friend to them and why you are a good friend. You could leave blank hands in a basket in your reflection spaces for children to complete. Completed hand could be made into a display or a mobile for others to read and find inspiration from.



On the back of the decorated hand your friends writes the reasons why you are an important friend.

