



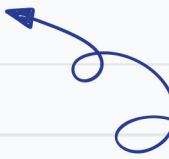
Activity 39

Spiritual Development: To look back to the past and give thanks and to look to the future.

You will need – Hand template, felt tip pens, pencil crayons, sequins, scissors and a variety of art & craft materials.

Activity – First of all, on the left hand draw and write all the things from your past you would like to remember and give thanks for. On the right hand draw and write all the things in the future you would like to see and aspire to have or be. When you have completed your past and future hands sit with a friend or in small groups and spend some time looking at each other's hands. What is the same? What is different? Take time to acknowledge everyone has different things they are thankful for and aspire to.

Hands Past & Future





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