



## Activity 59

### Spiritual Development:

## Helping Hands

### To give thanks for the many things our hands can do.

**You will need** – Pair of gloves, hand cream, hand wash, nail file, nail varnish, sponge, bracelet, plasters, soap and any other materials we use to look after our hands would fit with this activity.

**Activity** – The aim of this activity is to celebrate and give thanks for our hands. With a partner or in a small group list as many things as you can think of that we can do because of our hands.

- \* write
- \* draw
- \* play a musical instrument
- \* sporting activities
- \* drive
- \* cook
- \* wash
- \* brush your hair
- \* use a computer
- \* hold things etc.

Use the gloves to make up a 'helping hands' gift for someone. You can include a variety of things that we use to look after our hands e.g. hand wash, hand cream, plasters, soap, sponge, nail varnish, nail file etc. Give away your helping hand gift or make several to sell at a craft or school fair.

