

Sharing Feelings Hands

1. Draw around your hand.
2. At the bottom of each finger, write a feeling you experience frequently.
3. On your knuckle, write who you could share this feeling with.
4. On the tip of your finger, write how you might feel after you share those feelings with others.
5. If you would like to discuss your answers with others in the circle time group, please do so. You might want to create a giant hand with all the ideas on and display it in the group for use in the future.