

Use this page to trace your hand, draw in response to music and if you can, cut out the shape when done!

Helping Hands

Right now we can see helpers all around us. Ralph Waldo Emerson once wrote – “It is one of the beautiful compensations of life that no man can sincerely try to help another without helping himself.” Taking time out of the day to care for ourselves ensures that we will be able to help others when they are need. Set aside a moment to focus on this activity and follow the directions below to give yourself a relaxing break.

Draw an outline of your hand on the previous page. Then, listen to the song linked below and draw lines in response to the music: lines drawn to the beat, flowing lines of the melody, swirls in your fingertips, or anything you feel. Sharp, staccato music may prompt you to draw jagged edges or bold lines; softer rhythms may encourage you to draw waves. You may even draw words or images that come to mind while listening to the lyrics. Free your mind and allow the lines to fill your hand. Once you are done, hang the handprint in a place you can easily view throughout the day and when you are feeling helpless, glance at your hand and remember all of the helpers in your life and how much of a helper you are to those around you.

Step 1. Draw an outline of your hand and connect the lines at your wrist.



Step 2. Play the song below, "Helping Hand" by Amy Grant



Step 3. Draw lines in response to the way the music makes you feel in the hand shape.



Optional Step 4. Cut out your hand and hang it on the wall to remind you of all the helpers in

