

# TASK: HELPING HANDS

HEY! ARE YOU OK? DO YOU HAVE A PLACE YOU LIKE TO ESCAPE TO LIKE JAC? JAC LIKED TO RUN TO THE TOP OF THE MOUNTAIN TO ESCAPE HIS THOUGHTS AND TO REMEMBER THE GOOD TIMES WITH HIS SISTER ANNI. WHERE DO YOU LIKE TO GO?

OUR HANDS CAN BE A USEFUL TOOL AND CAN HELP WHEN WE'RE FEELING NERVOUS OR SAD ABOUT SOMETHING.

MAKE AN OUTLINE OF YOUR HANDS ON A PIECE OF PAPER OR USE THE TEMPLATE PROVIDED.



ON ONE HAND, LIST FIVE THINGS YOU CAN DO IF YOU'RE SAD OR ANGRY, FOR EXAMPLE, GOING TO A FAMILIAR, SAFE PLACE, LIKE JAC DID, TAKE TIME OFF, TALK TO A FRIEND, LOOK THROUGH OLD PHOTOS AND VIDEOS. **WRITE ONE ACTION ON EACH FINGER.**

ON THE OTHER HAND, LIST FIVE PEOPLE YOU CAN TURN TO IF YOU NEED TO TALK OR IF YOU'RE FEELING SAD. WHO ARE THE PEOPLE AROUND YOU THAT CAN HELP? **WRITE ONE NAME ON EACH FINGER.**

WHEN YOU'RE FEELING SAD, LONELY OR ANGRY, USE THESE HANDS TO CALM YOUR MIND. THINK ABOUT THE THINGS THAT HELP CONTROL YOUR EMOTIONS AND REMEMBER THE PEOPLE WHO YOU CAN TURN TO IF YOU EVER NEED TO SHARE YOUR CONCERNS AND FEARS.

**YOU ARE NOT ALONE. REMEMBER TO TALK ABOUT HOW YOU FEEL MATE! SOMEONE IS ALWAYS THERE FOR YOU!**