

Happy Memory Hand Challenge

- Trace your hand
- Add the 5 senses
- Think of a calm, safe, happy time
- Draw or write it on your palm
- Remember how you experienced it through your 5 senses
- Draw or write 1 for each finger
- Talk about how thinking about this memory can help us to feel a sense of inner calmness and safety despite other circumstances
- Keep this happy memory in your hand wherever you go

Optional:

Paint your memory onto a small stone to put in your pocket or hold in your hand

