

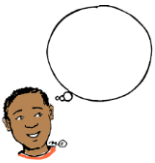


# Changing Hands



## Equipment

- Paper
- felt pens, pencils or paint



## Set up

- Put the paper on the table or on the floor



## Instructions

- Your hands grow and change all the time. Your character grows and changes too.
- How have you changed over the past year? Perhaps you've become more confident, or more kind, or more willing to try something new?
- Draw round one of your hands or make a hand print with the paint. Write or draw the ways that your character has grown around it.
- As you do this, you may like to say a prayer, thanking God for the ways you have changed.