Examples of Helping Hands Activities for Children

My OH OH! Signs

On the gingerbread person below, draw or write where you get your OH OH! signs.

My OH OH! Signs

On the gingerbread person below, draw or write where you get your OH OH! signs.
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Here is a picture of me...

I am special I like me!

I was proud of myself when...

Draw or write in this space!

Climb a tree

Ride a bike

Sing in the choir

Singing at Immy's Communion

I am special I like me!

Doing Plays
Examples of Helping Hands Activities for Children

Feeling Angry

Everyone feels angry sometimes. In this circle draw how “angry” looks.

In this space draw or write what makes you feel angry.

Hiding Feelings

Sometimes people find it hard to show how they are really feeling. They may try to hide their feelings with other feelings. Name and draw some feelings that we might hide from others.

Dry, cross, sad, happy, proud, bored

What could someone do instead of hiding a feeling?
Feelings

We all have feelings. We can have many feelings. We can show how we are feeling by our face.

On these circles draw how different feelings would look e.g. happy, sad, excited, worried and write the feeling on the line below.

We have different feelings at different times...

On these circles, draw how someone might feel when...

- It is the night before Christmas
- They are playing with their friends
- They have lost their favourite toy
- A grown up shouts at them

Our feelings change all the time. There is no right or wrong way to feel.