

Hands



- Spend a few minutes looking at your hands. Are they well-groomed or a bit uncared for? Do they have scars or blemishes from the past? What stories do they tell?
- Think about some of the ways you've used your hands today. Having an opposable thumb is one of the things that sets us apart from most other animals and meant that early humans could start using tools and developing their fine motor skills.
- Your hand can make a fist, or reach out in peace. It can wield a weapon or create a work of art. Reflect on how the same hands can be used to harm others or to help them. It's our choice.
- Do you need a helping hand with something? Who could you ask?
- How can you extend a hand to others?

