

# MY CALM HAND

**Step 1:** Help your child think of 5 ways they can make themselves feel calm when they are missing their loved ones.

**Step 2:** Print out this sheet and write each of these ideas on a separate finger of the hand below.

**Step 3:** Have your child colour in the hand, then cut it out and put it up somewhere around the house to remind them every day of the best ways to stay calm when they feel alone. When they are away from you they can use their own hand to remember these ideas.

