

# My Calm Hand

## Instructions

Step 1: Think of 5 ways your 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, cut it out and keep it somewhere they can see to remind them of these strategies. When they are away from you they can use their own hand to remember these ideas.

