

Things you will need

- Hand massage sheet
- Hand massage guide
- Pens to write and colour
- Hand cream or massage oil

What to do

1. Your Hand

Print the hand massage sheet.

Follow the instructions on the sheet.

This activity helps you to remember the different parts of a hand.

2. Give a hand massage

- Choose if you are going to give a hand massage to yourself or someone else.
- Make sure everyone has very clean hands, washed with soap.
- Some people when they are having a hand massage like the smell and feel of cream or oil.
The person giving and the person receiving the hand massage need to agree if they are going to use a cream or oil.
- Find a calm quiet place to do the hand massage.
Think about what lights you want on.
Think about if you want some gentle, calm music.
- Follow the instructions on the hand massage guide.
Remember to massage both hands.

Extra ideas

- **Relaxation.** A hand massage can feel relaxing.

What other things do you like to do to relax?

soak in a bubble bath - walk in the garden - listen to calm music

do a jigsaw - watch the birds and clouds - read or look at a book