



## FEEL, CONNECT, ACT TO HEAL FRIDAY: HAND TRACING

**Supplies:** paper and a pen or pencil if you want students to practice more concretely by literally tracing the hand

### Hand Tracing

Watch the *Hand Tracing Practice* video (BELOW) or reference discussion below.

Hand Tracing is a physical mindfulness tool that helps our body and brain settle into a centered, peaceful, present state. It is an action you can take to manage your response to stress. Hand Tracing feels great anytime, even when things are going well. Try it next time you are waiting for something.

- Sit up straight and tall with your feet on the floor. Place your hands on your thighs.
- Place one hand on the desk, in your lap, or in the air.
- Spread your fingers wide.
- Use the pointer finger on one hand to trace the fingers of the other hand, starting with the base of your thumb and moving toward the base of your pinky finger.
- As you trace each finger, notice physical sensations. Where does it feel soft, bumpy, smooth, hard, or tickly?
- When you are ready, try adding the breath. As you move your tracing finger up, breathe in. As you trace down, breathe out.
- Go slowly all the way from the thumb to the pinky and then come all the way back tracing your hand and fingers using the rhythm of your breath.
- When the mind wanders, it's not a problem. Can you return your attention back to the action of hand tracing?
- Repeat 3 - 5 times

### Discussion

Notice how you feel in this moment: more, or less grounded, more or less energy? What word would you use to name how your body feels? Were you able to stay in the present moment? Was it challenging to move slowly? Did you prefer the physical movement and touch of your hands or the sound practices? How does this activity enable you to feel, connect, and act to heal?

As we come to the end of the week, what do you appreciate about the mindfulness tools you have learned? What is your favorite mindfulness tool? Would you like someone else to have access to these tools? Who? What could you share with them from this week's lesson?