# My Hands, My People

**SD-B076 / EXPLORERS · AGES 4–6**

Trace hands of family members and label each with one thing they do well.

**YOU NEED: Paper, a crayon, tape**

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|---|---|
| **MEET** | Your hands can do many things. Whose hands do you know? |
| **WATCH** | Trace your hand on paper. Ask others to trace theirs. |
| **TRY** | Tape the hands to this page. Write or say one thing each person does well. |
| **CELEBRATE** | Tell each person what you noticed about their hands. |

## TRACE · LABEL

**MY HAND**

**A GROWN-UP'S HAND**

**ANOTHER PERSON'S HAND**

## One thing I do well

**I am good at...**

_____

_____

_____

## My favorite thing hands do

**GROWN-UP GUIDE:** Trace your child's hand first so they see how it works, then invite others to share theirs. Write each person's strength as your child says it. Include any adult or sibling they choose, whatever your family looks like.