

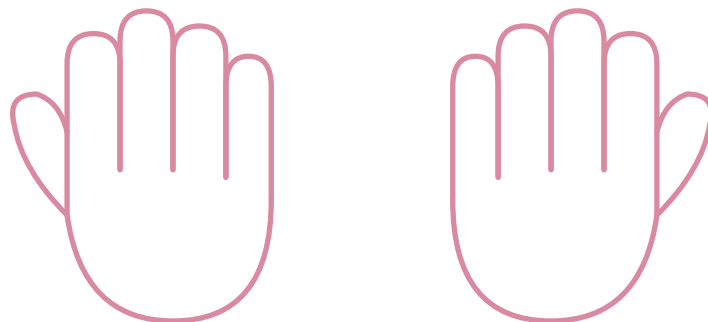
My Warm Hands

something you can really feel

My name _____ Age _____

- 1 Rub your hands together fast. Keep going!
- 2 Now stop. Hold them apart, just a little bit.
- 3 Can you feel something warm in between?

Draw what the warm feeling looks like to you.



● What colour would it be?

FOR THE GROWN-UP

Rub palms ~10 seconds, then hold them a few centimetres apart. Ask what they notice - warmth, tingling, nothing at all. Every answer is right. Two or three minutes is plenty.