

Loving Hands

How does it help students?

- This activity helps students to appreciate and soften their hands, fostering a sense of love, well-being, and peace.

What will we need?

- Nothing!

How do we do it?

- Sit quietly in a comfortable position. Place your hands together and rub them very fast to create a warm tingling energy between them. Open your hands and take note of both how they feel and how they look. Our hands perform so many tasks for us throughout our day, from helping to holding and grasping to letting go. Take a quiet moment to appreciate this amazing feature of your two hands.
- Use one hand to begin massaging the other hand, starting toward the wrist and palm, eventually moving out toward the end of each individual finger. Stay connected to your breath, using each inhale to send your hand warmth and love, then allowing each exhale to soften the muscles and release tension. Switch sides, and use your opposite hand to massage the other.

Additional Notes:

- Students may partner up to complete this activity by massaging each others' hands.

Source: Schoeberlein, Deborah. (2009) *Mindful teaching and teaching mindfulness*. Somerville, MA: Wisdom Publications.