

# Helping Hand

'Helping Hands' helps children and young people to identify who they can talk to if they are finding things particularly difficult.

Having this knowledge can give peace of mind and a sense of control in a different and uncertain new environments, such as a new school/ club etc but it could also be used to identify friends and family they can go to .



## What you need...

- Paper
- Pens

## How to make...

- Draw around the child / young person's hand
- On each finger ask them to identify someone they could go to if they were struggling in school