



Head Start School Intervention Project
Cooperation: Partner Hands

Goal of activity: Children exposed to violence may experience physical touch as frightening. Physical intimacy may produce a strong flight/fight/freeze response. This activity encourages students to experience safe touch from a peer and acknowledge differences in the classroom.

Approximate length of activity: 10 – 15 minutes

Materials: Multi-colored (variety of flesh tones - brown, pink, tan, black) construction paper, writing utensils, cut-out hand shape, markers, glitter, glue etc.

Instructional Procedures:

- The teacher/aide will demonstrate tracing a child’s hand.
- The teacher/aide will work with pairs of children to help them trace a partner’s hand.
- The children will decorate the tracing of their own hand.



Feeling Safe



Making and Keeping Friends



Making Meaning of My Experiences



KEY POINTS – Signs of anxiety

Difficulty with physical closeness

- Allow child to trace the teacher’s hand.
- Allow child to trace their own hand.
- Use a calming voice and model slow breathing.
- Assign the child a responsibility with less physical contact:
 stabilizing the paper, handing out paper, etc



LITERACY TIPS

Oral Language

- Ask children to describe some things they do with their hands. Provide some options: “What are some things you do with your hands when you are outside on the playground?”

Phonology

- Encourage children to guess two sounds in the word hand. Help children by modeling the sounds at the beginning, middle and end of hand.

Print Knowledge

- Provide children with a template of their name and encourage them to label their hand with their name.