

What's In My Hands?

This activity is to represent what is going on around a youth's life and what they can/cannot control. It can help them work through tough situations that they do not understand or can't control. They learn that only they can control their mind and their actions both positively or negatively.



What Materials You'll Need

- Paper
- Coloring utensils

Activity Time

15-25 minutes

Instructions

1. Have the youth trace their hand on the center of the paper
2. Have the youth examine the hand and you explain that their actions and emotions are within their control but events and other's actions around them are not
3. Have the youth write out what is in their control inside of their hand and what is not in their control around the outside of the hand, allow their creativity to flow and decorate the page with these events/emotions

Reflection Materials

What concepts (in or out of your control) stuck out to you the most?

How do you make sure your actions are positive?

When stressed or sad, how do you think this reminder can help you?

Even though your actions and thoughts can be positive, how can they be negative?

How can you change that?

