



Helping Hands

Before, during, or after coloring, try these ideas:

- Try starfish breathing. Hold up a fist and stick out your thumb slowly as you breathe deeply and slowly in and out. Continue until all five fingers are spread out wide.
- As you color, name things your hands can do—how many can you think of? (hold other people's hands, clap, write, draw, tap, dig, pat, and so on).
- Trace your hands on the back of this page. You can ask your child to trace yours first, then you can trace hers inside the shape of yours. Ask your child to tell you five different things he is good at. Write one on each of his traced fingers.