



# Wall Pushing Handprints



You will need a large piece of paper and a selection of felt tip pens.



With the individual and a trusting adult, draw around the child's hand with the colour of their choice.



You can then incorporate a breathing exercise, by taking deep breaths in and out whilst tracing your fingers around the handprints.



Allow the individual to colour or doodle on their handprints. This is their own work. They may like the opportunity to print some favourite pictures and add these.



Once the hands are ready, you or the individual can cut them out and put them on a wall which is suitable for pushing against. This could be in the corridor or classroom.

## Why use ...

Children are developing their impulse control, and when they are in a high state of intense emotion, they can respond in a way that may impact others around us. The feeling of pushing on something supports the child to self-regulate, providing sensation they need, to release from their body.

It can support the child to feel centered and grounded, developing their body awareness.

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