

## Move to Learn – Younger Students and tactile/kinesthetic learners

People can practice flexible thinking. We are working on building coping skills

Some things are hard  
 We can practice handling things  
 We can all ask for help  
 We can be capable

### Story Hand Adapted for group instruction from Consciousdiscipline.com

What to do	What to say
Adult – Show your hand and describe how you can use your hand to remember some ideas about how to handle a problem as you say...	<b>“Everyone can have a problem”</b>
Thumb (represents the problem or hard thing)	<b>“(Describe the problem area or concern ) seems like a hard thing.”</b>
	<b>“Lets take a minute and remember how we can handle a problem.”</b>
Show the students how they can gently squeeze each finger and say; Pinkey	<b>“When a hard thing happens I can take a deep breath.”</b>
Ring finger	<b>“I can think about what to do.”</b>
Middle finger	<b>“ I can ask for help if I need it.”</b>
Pointer	<b>“I can try something safe to feel better and solve the problem. I can try _____.”</b>
Show student how to fold their thumb into the palm and wrap all fingers over the thumb while saying..	<b>“These fingers say I am safe. My good ideas can help me with this problem. I can do it. I know I can do it. “</b>