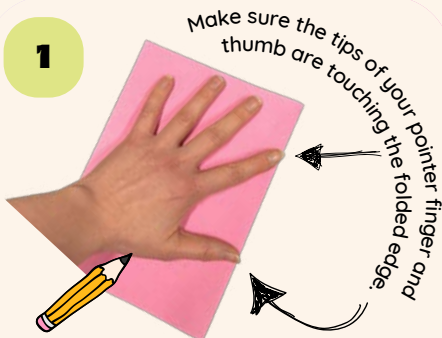




10 WAYS TO BE HELPFUL

Show someone how much you love them by making this heart card with your hands and writing 10 ways you will be helpful on each of the fingers.

1



Fold an A4 piece of paper in half and draw round your hand

2



Cut it out carefully. Ask for help if you need it!

3



Open it up to see your hand heart shape!

4



Write a message inside with 10 things you will do to be helpful. Write one on each finger

5



Decorate the outside with pens or stickers

Thank you to our friends at Spider Arts for sharing this activity with us. To find out more about Spider Arts visit <https://www.spiderarts.co.uk/>