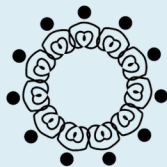


Finger Tips



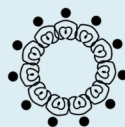
and Tricks



Finger Tips and Tricks

What You'll Need!

- **Your sketchbook (or paper)**
- **A pencil**
- **A quiet comfortable space to relax and focus**
- **A partner and hand lotion for a soothing massage (optional)**
- **Fidget toy as a calming tool (optional)**



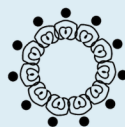
Finger Tips and Tricks

Fingertips & Traces

Our hands are powerful tools - not just for creating and doing, but also for calming and connecting. This activity invites you to explore touch, movement, and breath as a way to feel grounded in the moment.

Name & Try

Start by naming five things you like to do to feel calm. Now, choose one and try it together!

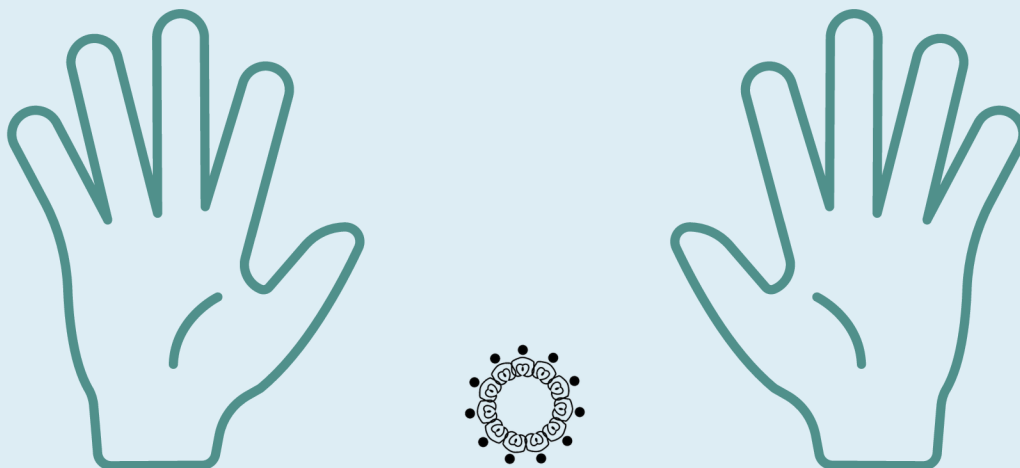


Finger Tips and Tricks

Grounding Through Touch

You'll need **paper and a pencil**.

- 1) Place one hand on the paper and press gently. Notice where you feel pressure and how the surface feels beneath your hand. Slowly open and close your fingers - **how does the paper feel as your fingertips glide over it?**
- 2) Trace your hand with a pencil or invite a partner to trace it for you. Pay attention - **how does the pencil feel as it moves along your fingers?**
- 3) Keep your hand resting on the paper. Feel its connection to the surface. Now, tune into yourself - **what emotion are you feeling right now? Where do you feel it in your body?**



Finger Tips and Tricks

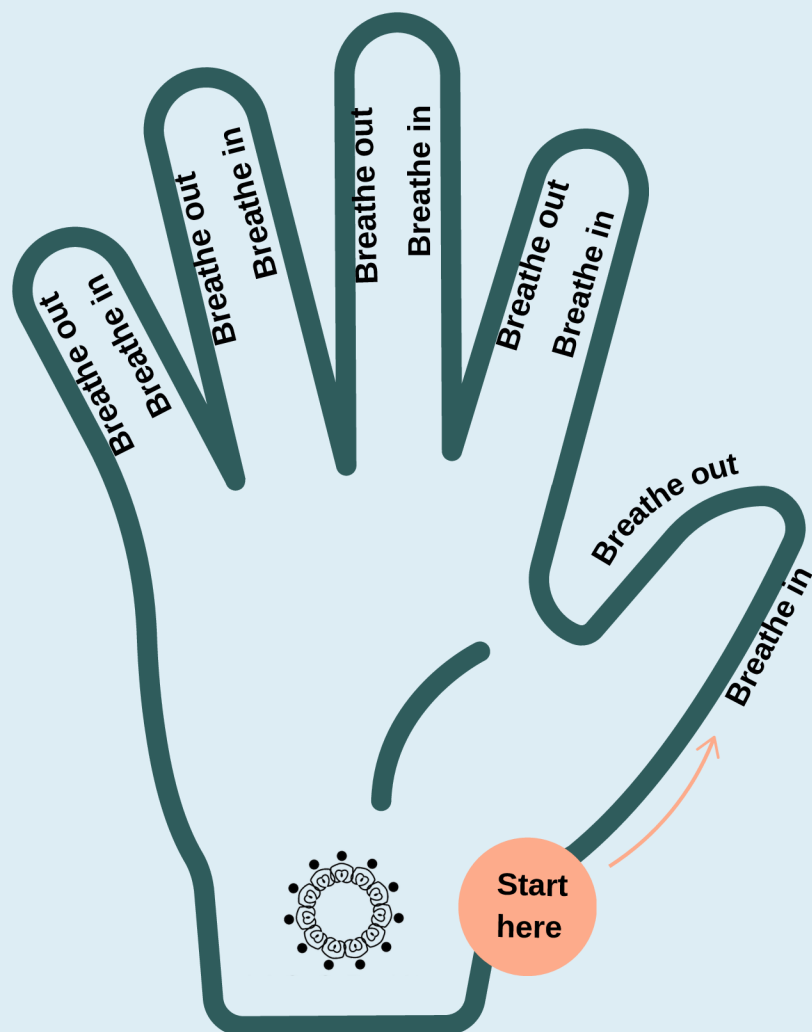
Five Finger Breath

Using your other hand, slowly trace the outline of your fingers with your pointer finger:

Breathe in as you trace up a finger.

Breathe out as you trace down.

Try this by tracing your real hand or using the picture of this hand.



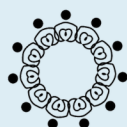
Finger Tips and Tricks

Mindful Hand Massage

With a partner or on your own, try a gentle, calming hand massage. Option to use lotion for a soothing touch.

- **Start with your palms** – Use your thumbs to make small circles.
- **Gently press the back of your hand** – Feel the bones underneath.
- **Massage each finger** – If someone is sensitive, begin at the forearm instead.

Notice how slow, mindful touch helps your body feel more relaxed and connected.



Finger Tips and Tricks

Gift Option: Fidget Toy

Holding something in your hands like a fidget toy can help with focus, attention, and calm. These tools are great for self-regulation and grounding when you need it most.



Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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Can't wait to see what you create!

