

## Activity using positive touch

**MISP Training date and location:** Pool, Cornwall September 2016  
Trainer: Anne Crease

**Created by:** *Write the names of the people developing the activity*  
Gill, Sinead, Sadie, Aby

*Tick the name of the group for whom you are developing the activity*

<b>Foundation</b>	<b>Early years</b>	<b>Middle years</b>	<b>Upper years</b>
(3-5 years)	(5-7 years)	(7-9 years)	(9-11 years)

**Curriculum subject:** PSHE/ Healthy Schools EHWB

**Topic:** Friendship (A focus for anti-bullying week)

**Teaching points: The Power for Good (Theme for 2016)**

We all have the ability to be a power for good.  
We can all be friends

**Introduction to the children:**

*What you will say to the children* – Hands can be used as a power for good. Use your hands in a positive way. Use hands for friendship or to help and support people.

**Touch / massage activity:** Hands of friendship

**Tune – Said as a rap and used in pairs/lines/circles**

**Repeat the sequence - slowly**

Hands of friendship  
Hands of friendship

Eyeglasses

Use them right  
Use them right

Forehead stroke

Let's calm each other  
Let's calm each other

Hairdresser

No need to fight  
No need to fight

Brushing the horse

Provided by Anne Crease  
[www.touchlinetraining.co.uk](http://www.touchlinetraining.co.uk)