



Name: _____

Date: _____

Helping Hands

Instructions: Trace your hand in the space below. Next, write your name in the center. Then, in each finger, write the name of a trusted adult who can help you make healthy choices and solve problems. You can use a different color for each name. Don't worry if you can't fill in all of the fingers. After sharing time, you can add more names if you'd like. When you're finished, cut out your hand tracing.

