

Happy hands band

Feeling the muscles in your hands



Where can you feel something?

Maybe your palm, fingers, thumbs or knuckles?

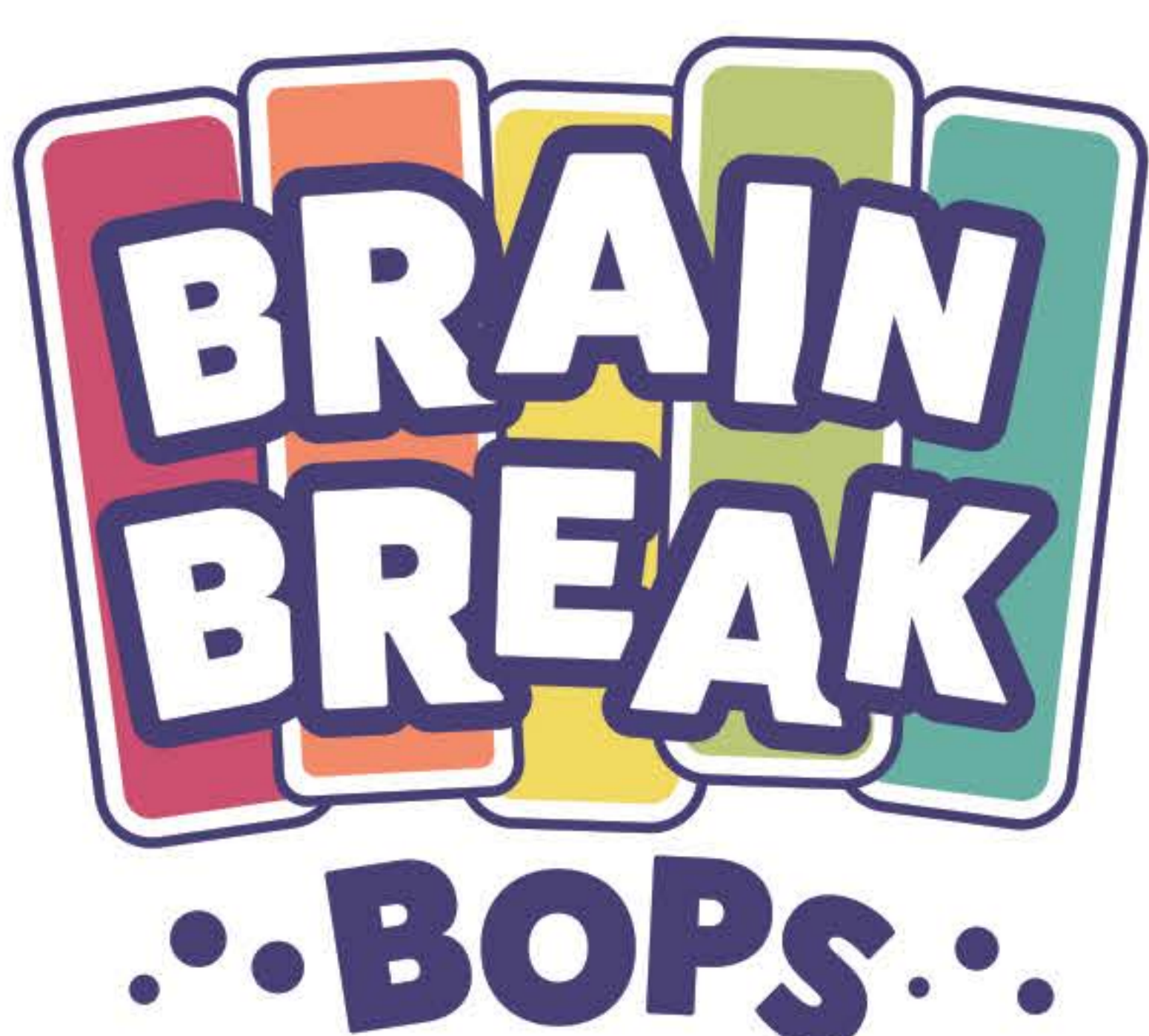
What can you feel?

A pull, tightness, tingles or warmth?



1

Stretch your fingers as wide apart as possible and hold them stretched out like that for 30 seconds. Now rest and relax.



Follow the Happy hands band video
Student Wellbeing Hub
bit.ly/brain-break-bops

