

Helping Hands

Summary:

This activity allows students to reflect on what they learned about hunger.

Time: 20 to 30 minutes

Age: 6-13

Materials:

- 1 sheet of butcher paper
- Construction paper
- Markers
- Scissors

Preparation:

Draw a large circle on a sheet of butcher paper and post it on wall.

Group Size: 5-30

Procedure:

1. Give each student a sheet of construction paper and ask them to trace their hand.
2. Tell students to write on the hand something they learned about hunger. Tell them to decorate the hand.
3. Once the students are finished, ask them to share what they wrote.
4. After sharing, have each student tape their hand to the circle on the wall.
5. Admire the hands. Tell students that many hands can make a big difference.
6. Make notes in the center of the circle to show what the students hands have done to help fight hunger. For example, "completed a food drive" or "volunteered at Interfaith Food Pantry." Or use the center to plan actions that the students hands can do in the future.