



Introduction

Jesus teaches us how to live as God's people by being kind, caring, gentle and merciful towards others. In this activity, we will create a heart from our hands to remind us that when our hearts are filled with God's love, our hands can be used to bring kindness and compassion to others. As you decorate your compassionate hands heart, think about one way you can show Jesus' love through your actions this week.

You will need

- Coloured paper
- Pens
- Scissors

Instructions

- Ask the children to pick a piece of coloured paper and get them to fold it in half.
- Get the children to place their hand on the paper (folded) with their thumb and pointer finger on the fold.
- With a pen or pencil the children trace around their hand keeping the thumb and the pointer finger connected to the fold.
- Cut around the traced lines and then unfold to make hands creating compassionate hearts.
- Invite the children to decorate and colour, and place in the sacred space.

