A Helping Hand-

Identify five people, one for each finger and thumb, who you can go to if you need to talk to someone about your feelings. Colour the hand in and make it something you remember.

[](https://www.bing.com/images/search?view=detailV2&ccid=3g6LF8Be&id=FD834829146CBA784C225F8ABE2FA2A0D1721BA4&thid=OIP.3g6LF8Be4bosbsRsrud2BAHaHa&mediaurl=http://icons.iconarchive.com/icons/iconsmind/outline/512/Hand-icon.png&exph=512&expw=512&q=hand+outline&simid=608037667783771288&selectedIndex=59)