



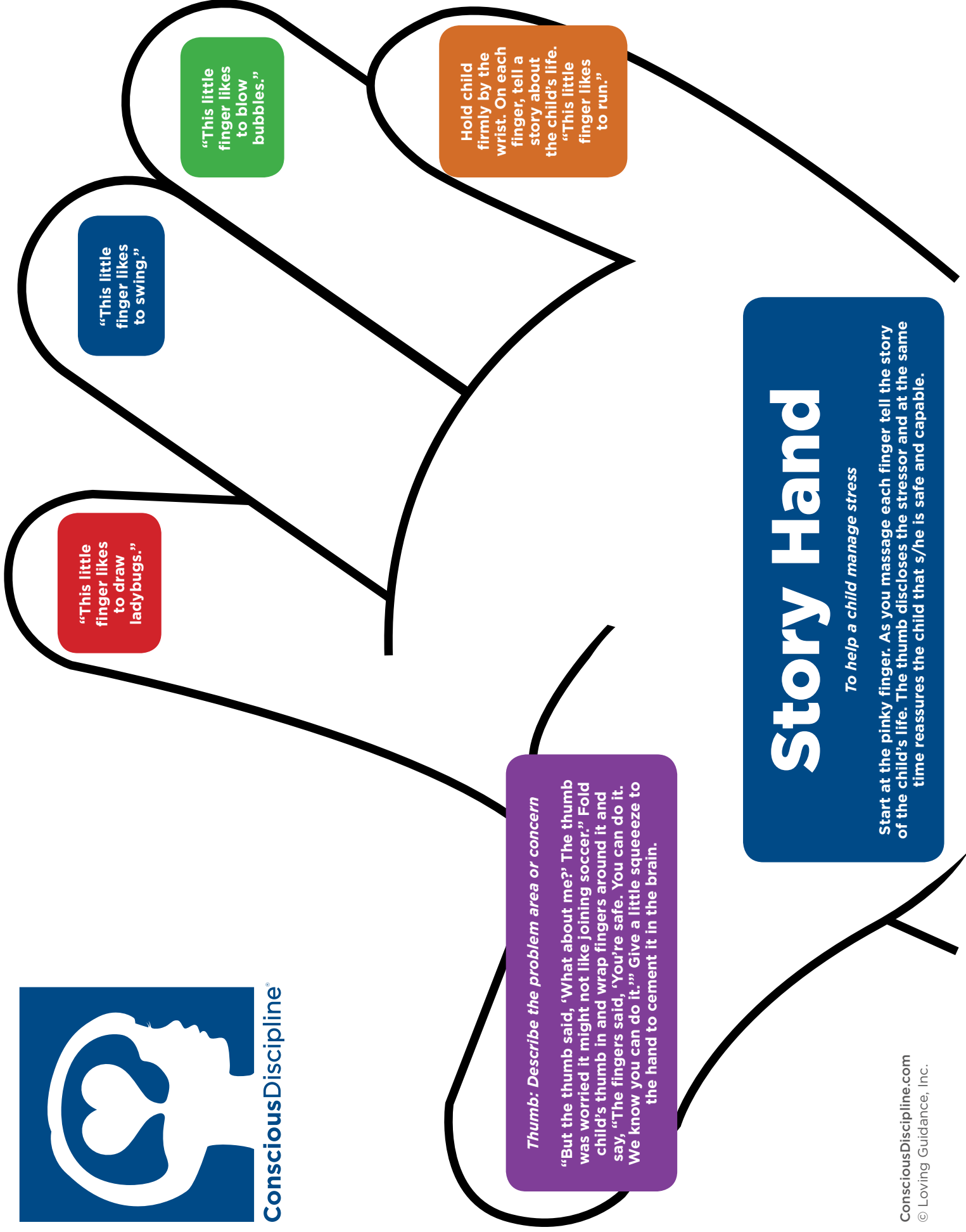
Story Hand

A Story Hand is a gentle hand massage accompanied by a personalized social story that helps a child deal with stress or anxiety. The story you tell will reflect a specific, personalized experience or concern for the child.

This graphic summarizes how to conduct a Story Hand. Slow down, be present, connect and enjoy this profoundly helpful activity with a child who is having a tough time.



ConsciousDiscipline®



Story Hand

To help a child manage stress

Start at the pinky finger. As you massage each finger tell the story of the child's life. The thumb discloses the stressor and at the same time reassures the child that s/he is safe and capable.