



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®

"This little finger likes to draw ladybugs."

"This little finger likes to swing."

"This little finger likes to blow bubbles."

Hold child firmly by the wrist. On each finger, tell a story about the child's life. "This little finger likes to run."

Thumb: Describe the problem area or concern

"But the thumb said, 'What about me?' The thumb was worried it might not like joining soccer." Fold child's thumb in and wrap fingers around it and say, "The fingers said, 'You're safe. You can do it. We know you can do it.'" Give a little squeeze to the hand to cement it in the brain.

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.