

Create#6// These are the Hands by Arji Manuelpillai



In this activity, we are thinking about our hands. Our hands can tell the story of our lives. This workshop is inspired by the brilliant Michael Rosen. He is a poet and writer who wrote a series of poems celebrating the NHS. The poem describes everything that doctors and nurses do with their hands.

You will need

- Something to write with , some paper–
and time on your hands

These are the Hands

By Michael Rosen, *for the 60th anniversary
of the NHS*

These are the hands
That touch us first
Feel your head
Find the pulse
And make your bed.

These are the hands
That tap your back
Test the skin
Hold your arm
Wheel the bin
Change the bulb
Fix the drip
Pour the jug
Replace your hip.

These are the hands
That fill the bath
Mop the floor
Flick the switch
Soothe the sore
Burn the swabs
Give us a jab
Throw out sharps
Design the lab.

And these are the hands
That stop the leaks
Empty the pan
Wipe the pipes
Carry the can
Clamp the veins
Make the cast
Log the dose
And touch us last.

Create#6//

These are the Hands continued

Let's think about *your* hands. What have they done over the years? What stories do they tell? What is the scariest or the hardest thing you have done with you hands?

Here are six questions about your hands. Either write down your answer to each Question, making a poem that way, or create your own poem in your own way.

Activity

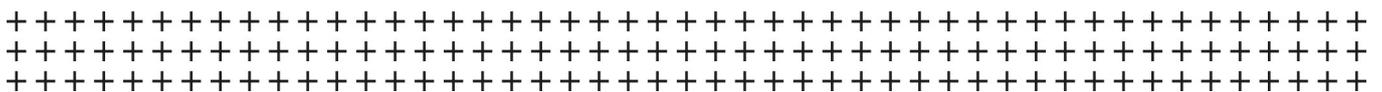
- Think of something you do with your hands most days and write it down. E.g. *These are the hands that brush my teeth.*
- Write down something you have done with you hands that you are very proud of. E.g. *These are the hands that held my new born baby.*
- Write down something you do with your hands that makes you very happy. E.g. *These are the hands that hug my daughter.*

- Think of something you have done with your hands that was extremely difficult. E.g. *These are the hands that bid farewell to my dying dog.*
- Think of something you have done with your hands that you are not proud of. E.g. *These are the hands that pulled the trigger, a bullet to someone I never knew.*
- Think of something you want to do in the future. E.g. *These are the hands that will lift my grandson.*

Now you can write these into your own poem. You are free to add or take away, you can change and switch the order, it really is up to you. The main thing is to HAVE FUN!

Don't forget to send us your poems so that we can share them with everyone on our blog site.

- Email mdf@suffolkartlink.org.uk
- Text to 07857 002974



CONTACT

For more information on any of these activities, or if you would like to receive our activity packs in the post, please contact Carrie or Candida:

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