



GET INVOLVED

**six**  
*in*  
**SIX**  
*challenge*

## HELPING HANDS

### » The Challenge

This month's challenge is to complete 10 activities using your HELPING HANDS. The activities may be to help within your own family, a neighbour or in the area in which you live but please remember to abide by current Covid-19 restrictions, including social distancing.

Once each activity has been completed, write it along one of the fingers or thumbs on your Helping Hands sheet. 10 different activities should be completed. You may also like to decorate the hands with crayons/coloured pencils. You don't have to stop at 10 activities; you could get another copy of the sheet or draw round your own hands if you decide to complete more activities. If you did one Helping Hands activity each day for a month, you would have 3 pairs of hands at the end .....and just think of how many people you will have helped!!

### 📷 Photographs

Parents can take a photo of the completed Helping Hands sheet and send it to the Company by whichever means the Company chooses eg Whatsapp, email. Photographs could also be submitted of boys completing some of the activities.

### » What you need

Copy of the Helping Hands sheet.

Alternatively, boys could draw around their own hands on paper or card.

Pen/pencil

### Leaders

You'll find more information on introducing this activity and ideas for tasks on page 2.

# SIX IN SIX CHALLENGE: Helping Hands



## INTRODUCTION

During the past twelve months we have all been reminded about how important our HANDS are. We know how necessary it is to wash our hands frequently and to sanitise them before and after going into shops or touching items. We have also been unable to use our hands for some things we would usually do like shaking hands, holding hands or hugging.

In 2020 we were all inspired by Captain Sir Tom Moore who raised over £32 million for charity after he completed 100 laps in the grounds of his home. He needed to use his hands to hold on to his Zimmer frame to complete his challenge.

Back in 2020 for a number of weeks many people used their hands for clapping NHS staff and other people working on the frontline during the pandemic.

Sometimes our hands can be used for things that are not helpful or kind like fighting, punching, pushing but in this challenge we are concentrating on how we can use our hands to be kind and helpful.

In many stories in the Bible, we read of how Jesus used his hands to help and heal people. How many of these stories can you think of? Can you make a list of them?

## IDEAS

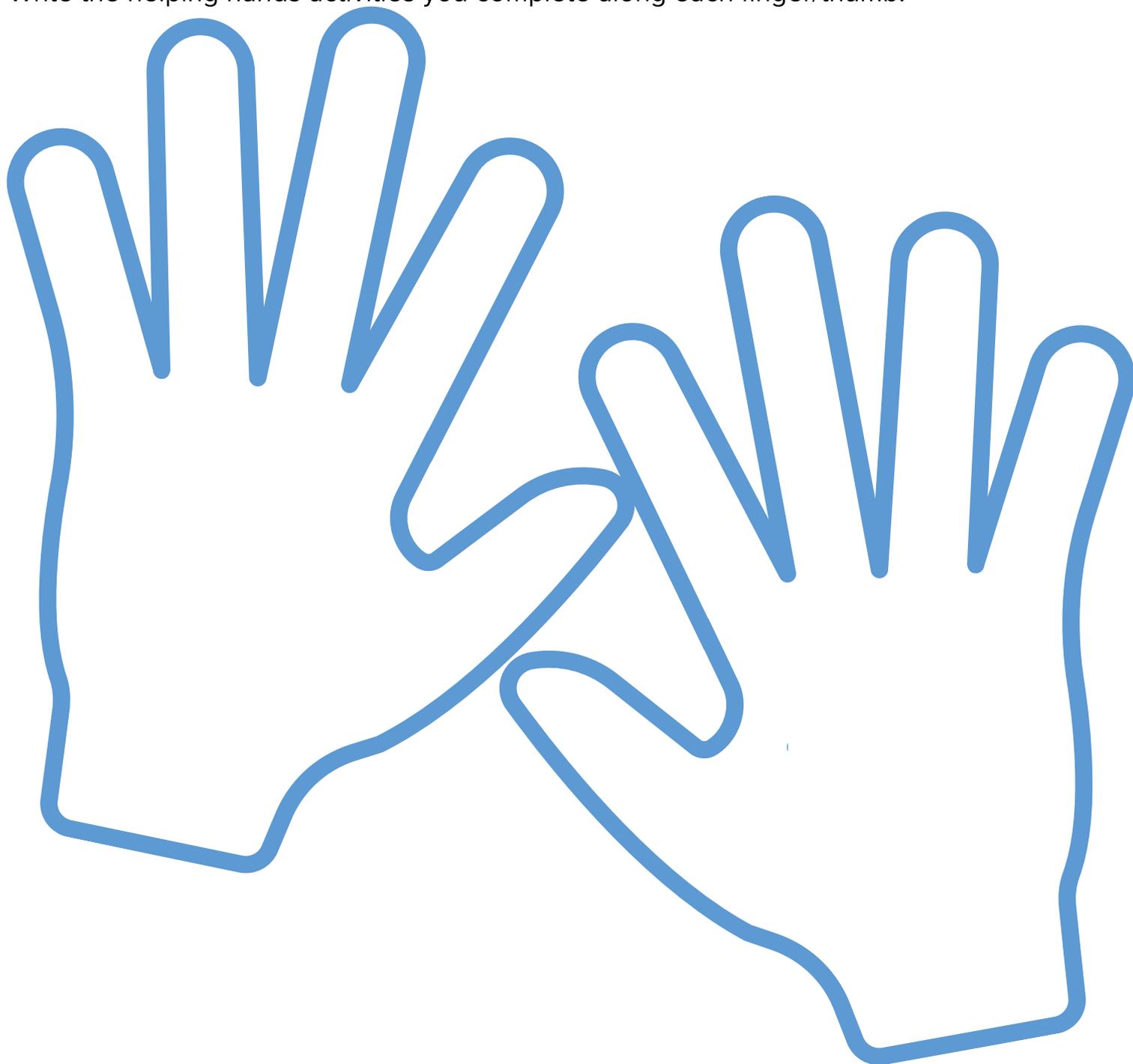
These are just some suggestions; any activities in which boys are using their hands to help or be kind can be used.

- Making your bed
- Tidying your bedroom
- Helping a younger sibling with school work
- Washing/drying dishes
- Setting the table
- Helping to prepare food for a meal
- Helping to wash the car
- Brushing up/tidying outside
- Helping with gardening
- Writing a card/letter to an elderly relative or neighbour
- Walking the dog
- Litter pick around your area

## SIX IN SIX CHALLENGE: My Helping Hands

Write your first name in the middle of one hand and your surname on the other hand.

Write the helping hands activities you complete along each finger/thumb.



### CHALLENGE COMPLETE?

Ask a parent to send a photo of your page to your BB leader.