



# Creativity Works - At Home

Hands - Writing Prompts  
from Writing Space,  
*one of our peer-led groups*

## It takes hands...

Inspired by the song 'Grandma's Hands' by Bill Withers, how often do you pause to consider all the wonderful, creative, loving and helpful things that your hands can do?

Lets take a closer look at your own hands and other people's



## What you'll need:

1. It takes Hands - [Watch the video!](#)

- A pen or pencil
- A notebook or sheet of paper

## The Prompts Part 1

Take 3 mins for each activity

List as many things as you can that you like to do with your hands:

e.g cooking, writing, drawing, playing a musical instrument, using the TV remote control, petting your dog or cat...

Take one you've listed and think about what it is you like about this activity:

Is it the tactile sensation, how it makes you feel, the end result, or something else?

Write about something you like to touch/the feel of:

Can you describe it, the sensation and feelings when you touch it, the situation you were in?

## Thinking with your Hands

There is a growing body of research which shows our hands are not only good for doing, but thinking.

People who fiddle, doodle and generally keep their hands occupied, often turn out to be better at solving problems.

Link to article: [Problem solving](#)

**TIP:** If you are struggling for ideas, think back to when you were a child. Children explore the world in a much more tactile way than adults.





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## The Prompts Part 2

**Take 10 mins and write about one of the following**

A: In the same way, Bill Withers wrote about his Grandma's hands, write about the hands of someone you admire – what did you like about their hands, Was it their touch, skills, appearance, what they did with them? Describe what they looked like and how they felt.

B: Take one set of hands from the pictures below as a starting point and write a paragraph or two about what happened either just before or after the picture was taken.

C: Use the follow prompt as the beginning of a paragraph and write on: I was getting off the bus when I felt a hand on my shoulder....



## What other ways could you celebrate your hands?

- Draw them
- Use them to paint with - try using your fingertips or your whole hand
- Photograph them
- How else?

