



**TODAY'S TOPIC:
Hands and Mudras**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Are your hands special?

Lesson

Hands and Mudras

| Materials | Things to Prepare | Today's Goal |
|--|--|---|
| <ul style="list-style-type: none"> • none | <ul style="list-style-type: none"> • none | To demonstrate a new way to create peace within our bodies. |

LESSON:

ASK: Tell me something interesting about hands. Some ideas:

- Useful tool writing, holding, carrying, playing, texting, lifting and about a million other things.
- Has four fingers and a thumb. (How is this different than most animals?)
- Each finger has three bones and the thumb has two bones. The hand has 27 bones total.
- Hands can be used to communicate. (Sign language, writing, typing, but also touching like hugging, using an index finger to point at something, hand signals in baseball)
- Hands are so important many words in the English language have hand in them (handy, handwriting, handiwork, handful, handle, handiwork, handbag, handsome, handicap)
- The nerves in our hands tell us a lot about what is happening through touch. It lets our brain gather information.

SHARE: Mudras

Did you know that your hands can also keep you healthy or make you feel better when you are sick? A mudra is a spiritual gesture of the hands commonly used in yoga, Hinduism, and Buddhism.

The five fingers correspond to the five elements – fire, air, space, earth, water. By pressing the fingers together in different ways, you can make energy flow differently in your body to help you feel better.



ACTION: Let's try some mudras:
OWL EYES or Gyan Mudra:

Touch the tip of your index fingers and your thumbs together. Make owl eyes. Now turn your hands up and rest them on your knees if you're sitting. This mudra helps you learn, helps you calm down, and can help you sleep.



NAMASTE HANDS: Put your hands together flat or with a little space between. This helps you like yourself and other people, it helps you be kind.



PEACE FINGERS or prana mudra: Promotes health and happiness.



BHAIRAVA (Right hand on top) **AND BHAIRAVI** (Left hand on top): Restores balance and sense of peace.



ASK: How do you feel after practicing these mudras? Has your heartbeat or breathing slowed? Does your mind feel more focused and clear?

SAY: We have the power to move our hands and change how we're feeling. This power lives inside every one of us. Since God also lives in every one of us, moving our hands like this is God Power! And since your hands go with you everywhere, you can do this anywhere!

AFFIRMATION – My hands have POWER! repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .