

The texts in the video Creativity in Classroom for Health Promotion

In this creative exercise we were concentrating in our hands and what do they tell us about us and our lives.

How do my hands feel right now?

What do I enjoy doing with my hands?

What are my hands good at?

We wrote to a piece of paper words (verbs) to describe these things and combined the words with some other words (adjectives) describing us as persons in different roles and with different moods and feelings and characteristics.

Then we added words which described best Christmas to us, because we made the exercise in the beginning of the Christmas season.

At last we combined the words and made a little poem about them to enjoy about our creativity and getting into contact with our personal memories and thoughts.

The exercise is developed in a Finnish project called Omakuva N.Y.T. (Self portrait N.O.W)

[More info about the project.](#)

The poems:

Your hand is all my life
You are my dream child
Your fanny face make me calm

When you dance I see
the sunset in Christmas hug

Don't worry about the difficulties
Our small island (Skyros)
is always waiting for us
So let's be optimistic,
Helpful, kind, funny to
Others and everything will be fine

Your Superman,
Daddy
D.K.

I cooked the Christmas cookies full of joy,
It is the favorite candy of my patient dog!
A.K.

Athens, December 2021

My hands are happy as I am enthusiastic
because of the Christmas spirit.

Is happiness here or is it coming via
Santa Claus soon?

A.T.

My hands

My hands self on the internet
play roles on tv and theatre
my hands work, write, text messages
My hands express my feelings and
show my character...

Christina is friendly, good hearted, emotional,
optimistic, socialized, but sometimes nervous
and stressful.

At Christmas, my hands make and adore
the Christmas tree, cook, work, make
And share gifts...

My hands express my happiness, watch
Movies, tv series, theatre, have fun
With hands of friends and family.

C.S.

My hands are life for me and my children
I teach for you to live and learn
Christmas time is now here
Let's eat and hug each other now
Let's dream and calm will a cup of chocolate
It's time for presents and love.

E.K.

35 Years old (now)

Things I do with my hand:

wash

play with my body

hug my body

I cook

iron

10 Years old:

I did the lessons

I was playing

I was painting with tempera

20 Years old:

I was doing my hair

I was painting my face

I did the lessons

I was writing on computer because of work

Sensitive

Persistence

Social

Smile

Nervous

Stressful

E.S.

My hands helped me to

play a lot as a child

made a picture as a student,

gave me a good job in a

hospital as a health visitor

and making a lunch for me

family everyday. my hands

are calm and I feel happy

because Christmas is coming

and I will be with my family,

having fun, eating a lot of food,

go to the church.

I am so happy with calm hands.

A.P.

My hands take a star

Give a hug to every heart

All paintings in the class

Make Christmas nice at last

A.T.

My hands can work,
They make me independent.
My hands are strong,
They make me happy.
But happiness is not only there,
It is everywhere...
Christmas has arrived!
G.Z.

Χειμώνιασε και φεύγουν τα πουλιά
γοργά ο πελαργός τα πελαγώνει,
κι η φλύαρη χελιδονοφωλιά
Χορτάριασε παντέρημη και μόνη
Του σπίνου χάθηκε η γλυκιά λαλιά
φοβήθηκε ο μελισσοουργός το χιόνι
κι η σουσουράδα κάτω στην ακρογιαλιά
δεν τρέχει, δεν πηδά δεν καμαρώνει.
Στης λυγαριάς τ' ολόξερο κλαδί
Του φθινοπώρου φτωχικό παιδί
Ο καλογιάννος πρόσχαρος προβάλλει
Με λόγια ταπεινά και σιγανά,
μικρός προφήτης φτερωτός, μήνα
Την Άνοιξη, που θα γυρίσει πάλι
G.D.

Poem!

My hands created to hold onto stuff and
people that I love.
I find it satisfied to walk in the snow
At Christmas and think about gifts.
I feel happy, love and optimistic at
All my life is it Christmas spirit? Is it
Santa or is it my smile?
A.V.

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