



Sidekicks Project: Storyprints

Total Project Time: 15 minutes

Project Theme:

Connect through sharing personal values and aspirations.

Project Materials:

- » Paper (1-2 sheets)
- » Colored markers
- » Colored pencils
- » Sharpened pencil
- » Black fine-point marker

Project Instructions:

1. Identify a partner to work with on this short project. It can be a friend, family member, neighbor, or other “Sidekick” of your choosing.
2. Gather the listed activity materials and set them up in a comfortable space. Use the markers and pencils suggested, or crayons or paints can be bright additions if you have them on hand. Also, paper of any size or color can work well.
3. Trace each of your hands and a bit of your wrist lightly with a pencil on the paper.
4. Complete the project, sharing the things you are grateful for today as well as your hopes and dreams for the future. While you share, fill in and decorate your hands. Write on the LEFT hand things that make you feel grateful. Write on the RIGHT hand some of your hopes and dreams.

5. Decorate your hands with pictures, colors, words, or symbols to create your very own Storyprint. Share the significance of your Storyprint with your partner, or among others important to you if you are working independently.

6. Consider these questions as fun conversation starters while you work with your partner to complete the project:

- » Which one of your “hopes” excites you the most?
- » What are some actions you could take to bring the things you are hopeful for into your life?
- » What was a favorite memory that the gratitude expressed in your project might have brought to the surface?

7. Tell us about your Sidekick!

- » Post a photo of your completed project by commenting on a post on the Sidekicks Facebook page ([Facebook.com/ParkinsonsSidekicks](https://www.facebook.com/ParkinsonsSidekicks)) and add your story to our growing archive to help inspire others.
- » Share your experience on your own social media channels with #ParkinsonsSidekicks included in the post.



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