

An exercise in which each person in turn looks at their hands and tells the rest of the group what they have done.

James - These hands have built roads and houses and universities.

Margaret – These hands have built a kitchen and trained the staff that fed a university.

Bart – These hands have trained a new generation of civil servants.

Remy – These servants have counted money and tied the bags.

Esther – These hands have photographed weddings and ceremonies and prime ministers.

Theresa – These hands have typed 80 words a minute, have rocked children.

Elizabeth – These hands have bought and sold shoes and bags and earrings.