

Fingerholds

This practice, shared by Capacitar International, comes from Indonesian culture and is found in many other cultures throughout the world. It can help children or adults with emotional literacy and management of strong negative emotions. You can do fingerholds to yourself or to another person (e.g. a toddler who is having a tantrum or someone who is sick)

Identify which negative emotion you are experiencing, and hold that finger with the opposite hand. Breathe in deeply, recognizing and acknowledging the strong or disturbing feelings or emotions you are holding inside yourself. Breathe out slowly, imagining the feelings draining out of your finger into the earth.

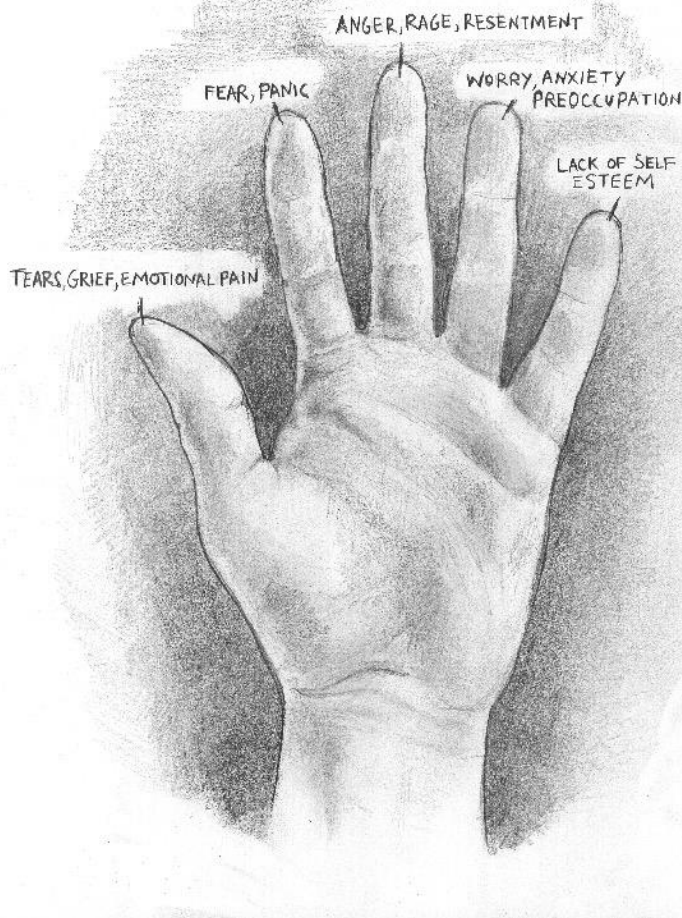


Illustration by Melanie Lombard. Description provided by Dr. Linda Chamberlain