

DAD'S MAGIC HANDS EXERCISE

In COVID – 19 times it is important that men take extra measures to help keep their family safe.

Activity Guide:

- Read and show the Mums Magic Hands to a group of men (max 10-12) sitting at least 2m apart.
- Facilitate a discussion using key questions in the guide
- Prompt them on how their hands can be magic hands too and how they can help to take extra measures to keep their family safe.
- Show the group the 4 magic dad's cards and facilitate discussion on how their hands can be magical too both in respect of hygiene and domestic activities. Document action plans from the meeting, agree on who will do what and help them make commitments that you will follow up with them regularly.

Outcome: Men commits to taking extra measures to help keep their family safe and helping with domestic and care work.