Michael Rosen is a very famous children’s author and poet. He wrote the brilliant ‘We’re Going on a Bear Hunt’ in 1989. At Kirkby CE the teachers often use his poems to inspire children to write their own. Sadly in March this year he was diagnosed with COVID-19 and spent time in intensive care. Thankfully he is recovering but it is a long and difficult road.

He wrote this famous poem on the 60th anniversary of the NHS to highlight the great work that it does.

**These are the hands**

These are the hands  
That touch us first  
Feel your head  
Find the pulse  
And make your bed.

These are the hands  
That tap your back  
Test the skin  
Hold your arm  
Wheel the bin  
Change the bulb  
Fix the drip  
Pour the jug  
Replace your hip.

These are the hands  
That fill the bath  
Mop the floor  
Flick the switch  
Soothe the sore  
Burn the swabs  
Give us a jab  
Throw out sharps  
Design the lab.

And these are the hands  
That stop the leaks  
Empty the pan  
Wipe the pipes  
Carry the can  
Clamp the veins  
Make the cast  
Log the dose  
And touch us last.

Can you write a poem in a similar style to Michael’s ‘These are the hands’ highlighting what your hands get up to?

Write it on your own or as a family.

Do they build lego, wave goodbye, tie shoe laces or even pick your nose?

Read it aloud as a performance poem and keep improving it all the time.