

In My Father's Hands – Action Hands

How to Use Action Hands:

- Go line through line of the song (1 verse at a time) and introduce the hand actions.
- Sing through the verse, practicing the signs you've learned so far. Then, add more if you're doing more than one verse!
- Have the one side of the room do signs only while the other side signs. Now switch having the other side sign while the first does the actions!

Extension Ideas:

- Have the children help you come up with action hand movements.
- Post the keyword signs I shared on the blog, here: <https://www.primarysinging.com/in-fathers-hands-hand-pictures/>
Let the kids help you remove the signs a few at a time as you've learned them.
- Let the children come up front to "lead" the action hands!
- Repeat the actions with the beat (ex: beat fist down on top of the other fist 3x, tap hands in towards yourself 3x, shake hands up above your heads 3x). This is a fun way to get out lots of movement and reinforce the beat!

In My Father's Hands – Action Hands

First Verse:

- Firm and steady – Make a fist with both hands, and pound one on top of the other hand.
- Hold me - Hug yourself
- Leap free – Hands wide open and up high in the air
- Catch me – Scoop hands inward to your chest
- Know – Point fingers to forehead
- Safe – Baseball sign for “safe”, start hands crossed in front of you in an X and then swipe both arms away from each other.
- Strength – Show your muscles
- Father's hands – wiggle fingers on both hands

Second Verse:

- Soft and humble – Hands together in front like saying a prayer
- Stumble – Roll hands
- Struggle – Roll fingers together and pull apart like a tug-o-war
- Troubles – Hands in fists, pull them forward and back in front of you
- Loved – Sign language for love, cross hands across chest in an X
- Gentle touch – Run fingers softly down one arm
- Father's Hands – wiggle fingers on both hands

Third Verse:

- True and worthy – Raise your right arm like you are sustaining
- Power to bless me – One hand on top of the other and pushed out in front
- Full of faith – Both hands in towards your chest
- Blessing – Both hands on top of your head like giving a blessing
- God's love – Hands come together to form a heart
- From above – Both hands straight up high, then make the steps moving up with the notes
- He's real – Sign language for Jesus, alternate touching your palms with your other pointer finger.
- Will is revealed – Both palms faced up, bring down in front
- Father's hands – wiggle fingers on both hands