My Super Hands

Ang Aking Mga Super Kamay

Artworks by BLIC

Written by Annette A. Ferrer
My Super Hands Book is funded by the AUSTRALIAN GOVERNMENT through the DIRECT AID PROGRAM (DAP) administered by the AUSTRALIAN EMBASSY in the PHILIPPINES.
I have two hands and they are great. They help start my day the right way.

Meron akong dalawang kamay at sila ay kamangha-mangha. Maganda ang simula ng araw dahil sa kanila.

What objects do you see in the artwork that start with the letter S?

Anong mga bagay ang nakikita ninyo sa larawan na nagsisimula sa letrang S?
I have two hands
and they help me eat,
But always only after I wash them
well at the sink.

Meron akong dalawang kamay
tinutulungan nila akong kumain,
Pero pagkatapos ko muna silang hugasan
nang mabuti sa lababo namin.

What food do you like to eat that starts
with the letter E?
Anong mga pagkain ang kinakain niyo na
nagsisimula sa letrang E?
I have two hands and they help me when I’m in school.

Meron akong dalawang kamay, at tinutulungan nila ako sa eskwela.

What things do you pack for school?

Anu-anong gamit ang mga dala mo sa eskwelahan?
My two little hands can also show love.
But in a COVID-19 world, we must be creative — hugs and kisses are not the only ways to show that we care.

Now I say “Hi” to my friends with a wave, and “Hello” to my teachers with a bow.

A wave, a bow, a wink, a thumbs up are all ways to say, “Hi, I see you!”

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Ipinapakita din ng aking maliliit na kamay kung paano magmahal.
Ngunit sa mundong may COVID-19, kailangan nating maging malikhain — hindi lang sa pamamagitan ng yakap o halik maaaring magparamdam ng kalinga.

Ngayon, binabati ko ang aking mga kaibigan sa pamamagitan ng pagkaway.
Binabati ko rin ang aking mga guro sa pamamagitan ng pagyuko.

Ang pagkaway, pagyuko, pagkindat, o pag-thumbs up ay pagsasaging “Hi, nakikita kita!”
My hands — and my arms —
can serve as guides.
In a COVID-19 world,
they help me keep
at least one meter apart.

New and different it may be,
one meter in between
protects you and me.
I have two hands and they help me express myself in creative ways. As long as I’ve got pen and paper, or crayons and canvas, I can say what I want to say.

Meron akong dalawang kamay at tinutulungan nila akong ipahayag ang aking sarili sa malikhaing mga paraan. Basta’t meron akong bolpen at papel, o crayons at canvas, kaya kong sabihin ang aking nararamdaman.

What new words can you make from the letters in CREATIVITY?

Anong mga bagong salita ang mabubuo mula sa PAGKAMALIKHAIN?
I have two hands
and they help me learn about the world.
I can grasp what immediately surrounds me,
or let my imagination take the lead.

Meron akong dalawang kamay
at tinutulungan nila akong matuto tungkol sa mundo.
Dahil sa kanila, kaya kong mahawakan
at maintindihan ang aking paligid,
o hayaang imahinasyon ko ang gumabay.
I have two hands and, as long as I keep them clean, they can fight disease and keep me healthy.

Meron akong dalawang kamay, at kung mapapanatili ko silang malinis, makakaiwas ako sa sakit at mananatili akong malusog.

How long should we be washing our hands?
Gaano katagal dapat natin hinuhugasan ang ating mga kamay?

We should wash our hands for at least 20 seconds.

answer: We should wash our hands for at least 20 seconds.
I have two hands and they are a big help to my mom and dad, brother and sister, grandma and grandpa at home.

Meron akong dalawang kamay,
at napakalaki ng tulong nila
kay nanay at tatay, kuya at ate, lola, at lolo
habang kami ay nasa bahay.
I have two hands
that are with me even
as the evening comes.

Grandma showed me
a game she used to play —
with a lamp and shadows
that our hands can make.

We may not be able to go out,
but we can let the outside in.

Look, a giraffe!
A bird! Trees!
What else...?

Meron akong dalawang
kamay na kasama ko kahit
hanggang gabi.

Ipinakita sa akin ni Lola ang isang
laro na natutunan niya noong bata
pa siya – isang larong gumagamit
ng lampara at mga anino
na gawa ng aming mga kamay.

Hindi man tayo makakalabas,
maaari naman ang labas
ay papasukin.

Tingnan mo, may giraffe!
May ibon! At may puno rin!
Ano pa ang iyong mga nakikita...?
I have two hands
and they have the power
to help me face the day, show love,
fight disease, and be there for my family.

In times of gratefulness
or in times of uncertainty,
my two hands can come together to pray —

Meron akong dalawang kamay at may
kapangyarihan silang tulungan akong harapin
ang bawat araw, magpakita ng pagmamahal,
labanan ang sakit, at alagaan ang aking pamilya.

Sa mga panahon man ng kasaganahan o
kasalatan, ang aking mga kamay ay maaaring
pagdaupin upang tulungan akong magdasal —
We give thanks for today,
for our home, our family, and our health.
We give thanks for our frontliners
who protect us each day.
Keep us safe today and tomorrow,
especially those who have less.

We do not know what tomorrow will bring,
but grace will show us the way.
May we be hopeful, may we be kind,
that we may never tire
of taking care of one another.
With faith and courage,
a good future, we will find.

Nagpapasalamat po kami sa araw na ito,
sa aming tahanan, sa aming pamilya,
at sa aming kalusugan.
Nagpapasalamat din po kami sa kalinga
ng aming mga frontliner.
Kami po’y panatilihing ligtas ngayon at bukas,
lalo na ang mga higit na nangangailangan.

Hindi namin alam kung ano ang maaaring
mangyari bukas, ngunit kabutihan
ang siyang gabay.
Bigyan nawa kami ng pag-asat at kabutihan
nang ang isa’t isa’y lagi naming maalagaan.
Sa lahat ng hindi nawawalan ng tapang
at tiwala, isang magandang bukas
ang naghihintay.
ABOUT THE ARTIST

Blic holds a degree in BS Computer Science and currently lives in Cavite. He is a member of two active street art collectives in the country: Pilipinas Street Plan and Cavity Collective, where he is also a founding member. He is known for his “humands” or personified hands. He is interested in hands as his subjects because of their ability to create change, show expression, and convey messages.

Blic comes from the word “public” and also conveys that the artist is also part of the public.

ABOUT THE AUTHOR

Annette graduated with a degree in Social Sciences and a minor in English Literature from the Ateneo de Manila University. She has always been fascinated by good stories and how these reflect unique experiences. She is happiest when surrounded by her three cats, cooking, or trying out something new. She wrote the story “Pablo and the Zebra” as part of CANVAS’ Panyaan: Three Tales of the Tagbanua. This is her second children’s book.

CANVAS’ 1 Million Books for One Million Filipino Children Campaign

aims to inspire in children a love for reading by donating its award-winning books to public schools, hospitals, and disadvantaged communities throughout the country.

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CANVAS, a non-profit organization, works with the creative community to promote children’s literacy, explore national identity, and broaden public awareness of Philippine art, culture, and the environment.
SELECTED BOOKS FROM CANVAS

- **SOL: A LEGEND ABOUT THE SUN**
  
  Written by Agay Llueras
  
  Art by Farley Del Rosario

- **ANG BATANG MAMANG BAHAI**
  
  Written by Fernando Rene Gonzales
  
  Art by Robie Tapasa

- **EARTH TALES: 3 ECO-FABLES FOR CHILDREN**
  
  "The King and the Royal Trees," by Paul Aird, Art by Farley Del Rosario
  
  "The Hummingbird," Art by Pat Balagtas
  
  "The Star Thrower," Art by Liza Flores

- **THE BOY WHO TOUCHED HEAVEN**
  
  Written by Ana Marie Margarita Salvador
  
  Art by various artists

- **MESSAGE IN THE SAND**
  
  Written by Charmaine Avera
  
  Art by Roe Deo

- **TAHAN NA, TAHANAN**
  
  Written by Maria Isabel Alarilla-Arellano
  
  Art by Don M. Salubayba

- **MY BIG SISTER CAN SEE DRAGONS**
  
  Written by Rocky Sanchez Tirona
  
  Art by Liza Flores

- **SENQAI’S ACTIVITY BOOK FOR CHILDREN**
  
  Activities written by Kay, Joy Desamparado-Papadita
  
  Art by Benedicto Cabrera

- **KARAPAT DAPAT**
  
  Written by May Tobias-Papa
  
  Art by I.N.K.

- **LOOKING FOR JUAN: A CANVAS ACTIVITY BOOK**
  
  Activities written by Annette A. Ferrer and Gigo Alampay
  
  Art by John Paul Antido

- **ANG KAHON NI LOLA**
  
  Written by Lauren Paris
  
  Art by John Brian Cuallo

- **I AM THE STORYTELLER**
  
  Educational Consultant: Ana Maria Margarita Salvador
  
  Art by various artists

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Ang librong ito at ang iba pang infographics tungkol sa COVID-19 ay maaring ma-download nang libre mula sa www.canvas.ph. Huwag mahiyang i-share!
I have two hands and they are great.
They help me do so many things!
But in a world turned upside down by COVID-19,
What other things can these hands do?

Meron akong dalawang kamay at sila ay kamangha-mangha.
Sa tulong nila, ang dami kong nagagawa!
Ngunit sa mundo ngayong parang binaliktad ng COVID-19,
Ano pa kayang magagawa nitong mga kamay at palad?

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