

Hand or foot print art

This is a great, simple way to make something special that captures a piece of everyone who takes part in the activity. Cover your hand, fingers, or feet, with paint, or trace them onto paper, fabric or a canvas. You can find many different projects online, including some that are very simple and others that are more elaborate. Here is one example:

Use the hand or foot prints to make a family tree. As you work, talk about who is part of your family. Talk about older generations and people who died a long or short time ago. You can decide who to include in your family tree. You may choose to include close friends as well.

Supplies

- Canvases or thick paper
- Permanent markers, stamp pads, washable markers, or paint
- Hand sanitizer to remove permanent marker

How to make it

Step 1: Make the outline

- Ask or help your child to lay their arm and hand on a piece of canvas or thick paper. Tell them to stretch out their fingers.
- Trace their arm and wrist to make the tree trunk. Trace their fingers to look like branches.
- Colour in or decorate the trunk and branches or leave them blank.



Step 2: Make leaves using your fingerprints

- Dip your fingers in paint, a stamp pad, or colour your fingertip with a washable marker.
- When the paint or ink has dried, write each person's name along the edge or in the centre of a fingerprint.
- Add friends, teachers, coaches, neighbors, nannies, and other important people to the leaves, flowers or other decorations.

