

These Hands

YOU WILL NEED:

- Paper or card
- Paint – colour of your choice.
- Brush
- Black pen
- Your own hands



1. Lay your paper on a flat surface.
2. Put a bit of paint on a plate and then paint it onto one hand using your brush. To get a good print, don't put too much paint on.
3. Press your hand firmly on your paper. Be careful lifting your hand up that you don't smudge your paint.
4. Wash your hand clean – careful not to touch any walls!



Repeat the process with your other hand. When you press your 2nd hand down, make sure it looks like a heart. The fingers will need to overlap. See picture to the left.

NEXT draw a heart shape around your hands.

THEN write these words around the outside of the heart:



These hands build faith.
These hands give hope.
These hands show love.



**Cut out and give to someone,
or frame it in a picture!**