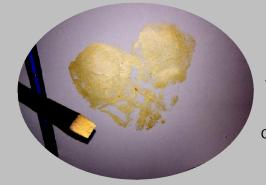
## These Hands

## **YOU WILL NEED:**

- Paper or card
- Paint colour of your choice.
- o Brush
- o Black pen
- o 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 2<sup>nd</sup> 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!

