

This activity is part of a series of legacy-building and memory-making activities offered through Hospice. Most of the activities are suitable or can be adapted for children of all ages. We encourage all members of the family to participate in any of the activities you select.

Family Hand Print Tree

Use water-based paint to capture individual handprints to form a tree. One can use a sturdy paper or canvas art boards for this activity.

Included Materials:

- Paint brushes
- Paper or plastic plates
- Sturdy paper or Canvas
- Water-based paints

Needed Materials:

- Glass of Water
- Newspapers
- Pen or Marker

Instructions:

1. Cover your work surface with old newspapers.
2. Place the sturdy paper or canvas on the covered surface.
3. Ask each family member to pick a colour. Colours can be mixed to create new colours.
4. Pour paint on disposable plates. Pour one colour per plate OR mix colours to create the desired colour.
5. Paint one tree trunk and a branch for each family member.
6. One at a time, dip each member's hand in the paint or use paintbrushes to paint hands. Ask each member to place his or her handprint on a tree branch. If doing this activity with babies, toddlers or young children, guide their hand to ensure that their handprints are placed in the appropriate area.
7. If using a paintbrush, rinse paint brush in water before painting another family member's hand.
8. Repeat for each family member.
9. Allow to dry completely.
10. If using sturdy paper, the art piece can be framed and hung/displayed. If using a canvas, the art piece is ready to hang.

Tips and suggestions:

- Ask each member to write his or her name on the picture (over/on the handprint or anywhere on the picture)
- Write a quote that is meaningful to the entire family.
- Date your family artwork.