

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.

Painted Hands (and/or feet)

This project is a fun and simple one with families. It needs to be done over time but is basically handprint/footprint painting and layering over one another after they dry.

Included Materials:

- Paint brushes
- Paints of different colours
- Paper plates for mixing colours
- Sturdy Paper or Canvas

Needed Materials:

- Glass of Water
- Newspapers
- Pen or Marker

Instructions:

1. Cover your work surface with old newspapers.
2. Have each person participating in the activity pick a colour they like. Paint colours can also be mixed on a paper plate to create desired colours.
3. With the paint brush, paint one person's hand (or foot) and press it onto the canvas/sturdy paper. Use a good amount of paint, but not too much.
4. IF the hands/feet will be overlapping, wait until the first handprint/footprint has dried, before pressing the second person's hand/foot onto the canvas/sturdy paper.
5. Rinse the paint brushes off in between handprints/footprints
6. If the handprints/footprints aren't going to be touching on the canvas/sturdy paper, then there is no need to wait for the first handprint/footprints to dry.

Tips and Suggestions:

- Handprints/footprints can be done in one direction, or forming a flower or a circle. Be creative!
- Ask each member to write his or her name on the picture (over/on the handprint/footprint or anywhere on the picture)
- Write a quote that is meaningful to the entire family.
- Date your family artwork.