

Happy Hands

An Early Years and Primary curriculum-based activity sheet for the whole family



What am I?

Get one member of the family to put a range of everyday objects into a bag or pillowcase.

Take it in turns to wear a blindfold and put your hand into the bag or pillowcase. Can you guess what the object is?

While you are guessing, use words to describe the object. E.g. smooth, cold, rough, prickly, soft etc.

Did you know...

... Your hands are a massive and very intricate system of nerves and touch receptors linked to your brain.

Finger Puppets



[Make a finger puppet.](#)



Make some simple finger puppets.

Put them on and then use them to sing your favourite song or rhyme.



Handstands

Can anyone in your family do a handstand? Who can hold it the longest?

Find out more...

... about all the useful things you can do with your hands! You can greet people, comfort people, make things, draw, write, play! Write a list of anything else you think of. What makes human hands different to other primates?

Fingerprints

Take your own fingerprints, then do them for the rest of the family. You could use one of the following methods:

1. Dust flour or talc over your fingertips, then press on to the sticky side of a piece of tape. Stick the tape to a piece of dark coloured paper or card to see all the lines and ridges of your fingerprint pattern.
2. Knead some dough until it is pliable and then press your fingertip into it.
3. Dip your fingertip into ink before quickly pressing onto a clean piece of paper. This will stain your finger!

What differences can you see between your fingerprints and those of your family?

Find out more about fingerprints at www.oldpolicecellsmuseum.org.uk



Finger Painting



[Do some finger painting](#)



No paint? Make it! Just mix together:

- 1 cup of salt
- 1 cup of flour
- 1 cup of water
- Food colouring

How are you helping?

These activities will help your child to:

- Think and talk about themselves and their family
- Develop the imagination, and creativity
- Cooperate and learn together.

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