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**CORPS**

**MAKE ART  
ANYWAY.**

ART ACTIVITY  
INSTRUCTIONS:

**HAPPY HAND  
PROJECT**

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# HAPPY HAND PROJECT

*Discipline:* Visual Arts

*Duration:* 15 - 30 minutes

*Age Range:* Grades K - 3

*Creator:* Veronica Bowen

*Contact:*  
integration@artscorps.org

## *Materials:*

Paper  
Pencil or  
Markers or  
Crayons or  
Colored Pencils

## *Vocabulary:*

Symbol  
Tracing  
Socioemotional Learning

Students will create a 'Happy Hand' by tracing the outside of their hand onto a piece of paper. They will choose one thing that makes them happy for each finger, and draw symbols to represent those things within the palm of the hand.

## **Learning Goals:**

- You will reflect on things that make you happy.
- You will trace to copy the shape of your hand onto paper.
- You will use a symbol to represent and communicate an idea.

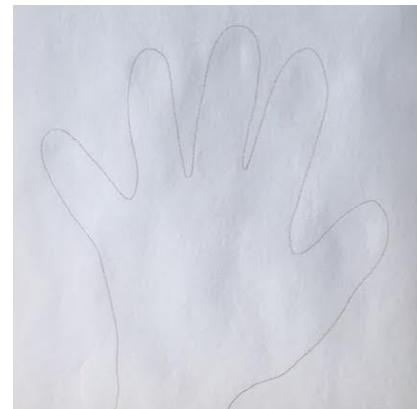
## **Activity Opening:**

What makes you happy? Taking time to understand our emotions and their impact on us is an important part of learning — it's emotion learning! Take a few moments to brainstorm some people, places, and things that make you happy. You can do this through writing a list or sketching some doodles.

We'll create the outline of our drawing by tracing the shape of a hand onto our paper. **Tracing** is marking a pencil or crayon along the sides of an object to copy its shape. We will then fill the shape we have created with symbols representing some things that make us happy. A **symbol** is using an image to represent an idea. In this activity, you get to choose the symbols you want to use to represent the things that make you happy.

## **Steps/Instructions:**

1. Place your hand palm-down onto the paper and spread your fingers apart. Starting on one side of your wrist, use a pencil to trace around the outside of your hand in one continuous line until you get to the other side of your wrist. Draw your outline with a little bit of space around your fingers, so you have more room to draw inside of them. At the end of this step, you should have a handprint shape on your paper.



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#CreativeSolidarity

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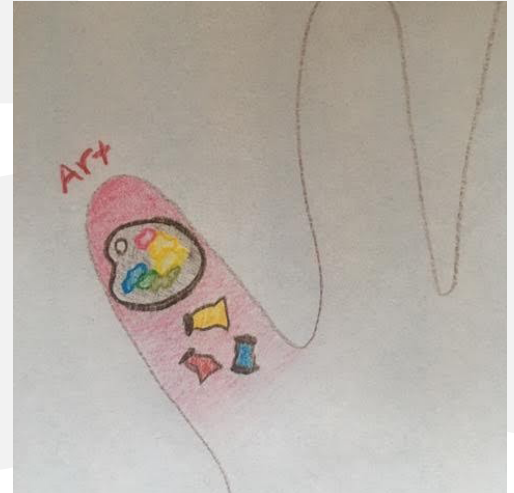
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2. Look back at your list or doodles of things that make you happy, and pick 5 of them. At the top of each finger, write one of those 5 things.
3. Start with the thumb and think of a symbol to represent the word you wrote. It could be a simple drawing, or some type of design or pattern that describes the word. You can add colors to make your symbols more clear.



4. Repeat step 3 for every finger until all the fingers have colorful symbols.



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5. Take a color, pattern or design you used in each finger and combine them in the center of the hand to complete the drawing.



6. Optional: Cut the hand out and hang it up on a fridge, wall, or window.

**Activity Closing:**

Taking time to think about what makes us happy and why is an important way to understand our emotions. Next time you are feeling down, brainstorm another list of things that make you happy and make a new Happy Hand!

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