

Our Hands

An Early Years and primary curriculum based activity sheet for the whole family.

Talk about your hands

Whose is bigger?

Do they have lines on?

Are you wearing nail varnish?

Are you wearing any rings? What do they mean?

What can you do with your hands?



Draw

Draw around your hands.

Write or draw pictures inside your hand drawings of ...

... your favourite foods

... your favourite colours

... something special about you

... who you love.



Hand circle

Draw round your hands on some spare paper and cut them out. Put them together in a circle. In the middle, write down what you like doing together.



Did you know...

... Your hands have 29 joints and 27 bones!

How are you helping?

This activity will help you and your child to...

- think and talk about your family
- practise writing
- learn new things
- be creative.

Shadow puppets

You will need:

- A light source, the sunshine, a lamp or a torch
- A plain coloured wall.

Practise making the shadow puppets—everybody can have a go!

Can you make up any of your own?

Can you put the shadow puppets you have learnt into a show?

Did you know...

... that hand is an ancient unit of measurement. Now standardised to 4 inches or 16 cm. A Hand is measured is the span of your hand from the tip of your thumb to the tip of your little finger.

Words words words!

Use **“hand”** to make some compound words.

- handball
- handbag
- handcuff



Measuring

What is the span of your hand? Can you measure it?

Use your handspan to measure objects around your house, compare your measurements with other family members?