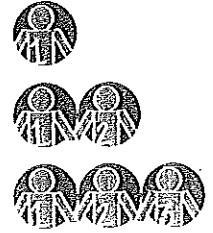
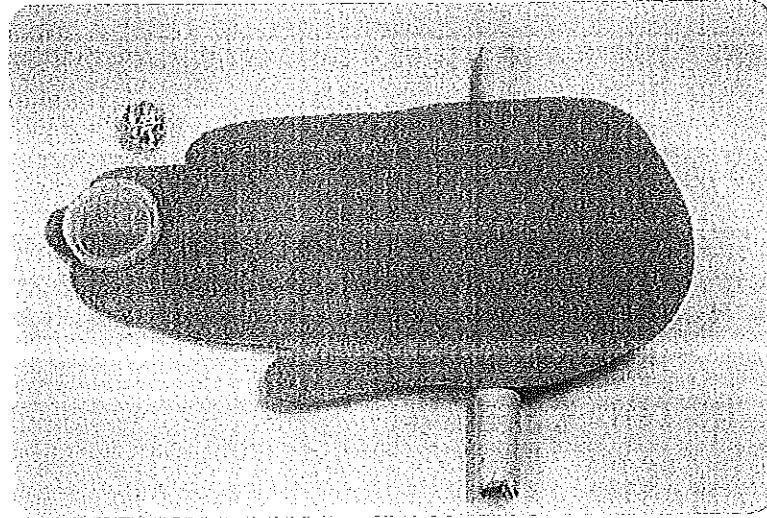


GIVE YOURSELF A HAND



Making Give Yourself a Hand incorporates and utilizes: fine motor skills, focus, hand-eye coordination, self-expression

Playing Give Yourself a Hand utilizes: coordination, gross motor skills, levers, measurement, persistence, potential energy, prediction of angles and distance, problem solving, summation, transfer of energy

Supplies:

- Front or back panel of a cereal box
- Plastic bottle cap
- 5-inch (in) section [12.7-centimeter (cm)] of cardboard tubing from trouser/slacks hanger
 - ▲ A pencil or bubble tea drinking straw can be substituted
- 4-in x 4-in (10.2-cm x 10.2-cm) piece of aluminum foil
- Plastic deli container (no lid)
- Pencil or marker
- Scissors
- Glue
- Markers for decorating

To Make:

- Trace your hand (with fingers together) on a cereal box.
- Cut out the hand.
- Glue one bottle cap on the fingertips.
- Wad up the foil into a ball.

To Play:

- Place the plastic container on the floor.
- Decide what will be the best place to launch the ball so that it will land in the container. Put the piece of cardboard tubing at that spot on the floor.
- Lay the hand across the cardboard tubing with the fingertip end resting on the surface.
- Place the foil ball in the plastic cap.
- Slap the lower palm to send the ball flying. Did it go in the container? If not, adjust the location of the launcher and/or how the hand has been placed on the tubing.
- To add a personal touch and provide an opportunity for self-expression, decorate the hand.

Note: A double layer of **tagboard** or a craft stick glued to the back of the hand adds sturdiness and results in the ball flying higher and farther.

Suggestions:

- See how high the ball can go.
- See how far the ball can go.
- Try different objects instead of the foil ball (e.g., pom-pom, a bottle cap, a penny, a marble, a cotton ball), and see if they go as far or as high.

Variation:

1. Play a bull's-eye game with friends. Place a piece of paper with a bull's-eye on the floor. Assign points to each ring. Each player is given three foil balls to use. The person with the highest score wins.