

Build-a-Bone

Get ready for a super fun craft that'll teach you all about your hands! With supplies from your arts and craft tools, you can make a cool hand model that actually moves. You'll learn how your bones and muscles team up to make your fingers wiggle and wave!



Materials: straws, string, paper, scissors, pencil, and a glue stick

Step 1: Grab a piece of paper and lay your hand or your Guardian's hand (for size).

Step 2: Trace out the outline of the hand all the way down to the wrist.

Step 3: Cut out the shape of the hand with scissors.

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Step 4: Get 5 straws and cut out 4 pieces.

Hint: For each finger and thumb, you'll need three short pieces of the straw and one longer piece for the palm. Make sure there's a little space between each piece.

Note: The thumb only needs 2 short pieces.

Step 5: Glue the straws on just like in the picture on the left side!

Step 6: Gently bend the paper back and forth between each straw. Easy peasy!

Step 7: Cut 5 long pieces of string.

Step 8: Starting at the top, thread one string through each straw piece for each finger.

Step 9: Glue the string to the end of the fingertips.

To make your hand move, simply pull the strings from below and see the fingers bend! They'll fold along the lines you made between the straws (SO COOL!).

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