Activity Title: Making Handprint Mittens

Objectives:

- Teamwork and cooperation
- Fine motor skills

Materials:

- Colored construction paper
- White finger paint
- Hole punch
- Different colors of yarn
- Scissors
- Paper plates
- Markers
- Protective gloves
- Smocks
- Protective table covering

Methods:

Facilitator Preparation

1. Place table covering over table (eg. Newspaper).
2. Cut-out large mittens from several different colors of construction paper. Make sure you cut left and right mittens! Place the cut-out mittens in the center of the table for participants to choose from.
3. Pour finger paint onto paper plate and set on table.
4. Put out scissors, yarn and hole punch onto the center of the table.
5. Pair up participants and help everyone put on smocks before sitting down.
6. Once all participants have selected their mitten, pass around the paint and have each person dip their hand in it. This should be done one-by-one to monitor the mess!
Intergenerational Participants

1. Pairs should discuss what color mittens they would like and select a left and right hand mitten from the center of the table.
2. Using your left or right hand depending on which mitten you have, press your whole hand gently into the paint and then press firmly onto the construction paper. While one partner is making a handprint, the other can help by holding the paper in place.
3. Immediately wash your hands to remove all the paint.
4. Once paint has dried, use the hole punch to punch a hole on the inside bottom corner of the mitten (The hole should be on the same side as the thumb).
5. Write your name on the bottom using the marker. Each partner writes their name on their mitten.
6. Working together, pick a color yarn you’d like and cut a piece using the scissors.
7. Tie the yarn through the two holes in the mittens.

Special Considerations

1. Any participants who do not want to put their hands in the paint can use protective gloves.
2. Be careful to monitor participants when using the scissors. If necessary, cut the pieces of yarn before the activity.
3. Make sure everyone washes their hands thoroughly to avoid a finger-painting mess!

Key Conversation/ Facilitation Questions

- What are mittens used for?
- What is the difference between mittens and gloves?
- What other types of special clothes do you wear during the winter?
- What is your favorite memory of winter?
- What is your favorite winter activity?
Extensions and Themed Activities

- **Upward extensions**
  - Have participants draw and cut their own mittens.
  - Nametags can be added to the bottom of the mittens using additional paper. To be more decorative, glue and glitter can be used to write names.

- **Downward extensions**
  - Have participants make their hand prints on the paper and then help them with the hole and yarn steps.

- **Alternative activities**
  - Cut out snowflakes using folded coffee filters.
  - Make handprint turkeys for Thanksgiving!
  - Finger paint winter scenes.
  - Make a snowman using cotton balls and other craft materials.