

Make it !

Collect

- ⇒ Paper plate
- ⇒ Straws
- ⇒ Scissors
- ⇒ Pencil/pen
- ⇒ String
- ⇒ Sticky tape

Body+
Mind

Have you ever wondered what your hand looks like inside ?



To make your model of your hand:

1. Place your hand on a paper plate, and draw around your hand.
2. Cut out the hand shape.
3. Take 5 straws and cut to length; each straw should fit from the base of your paper hand to the tip of the fingers.
4. Take the scissors and carefully snip the straw to form a v-shape part way through, in the three places where your fingers bend (two places for the thumb).
5. Stick the straws in place (careful not to stick over your cuts in the straws).
6. Cut 5 pieces of string, twice as long as your hand template.
7. Tie a knot in one end of each piece, and thread one through each of the straws.
8. Now collect the five ends of string together in the palm of the hand.
9. If you pull on all the strings together you will cause the fingers to curl up.

FACT: The string acts like your tendons in your hand, and the cuts in the straws act like your joints to enable movement.

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