



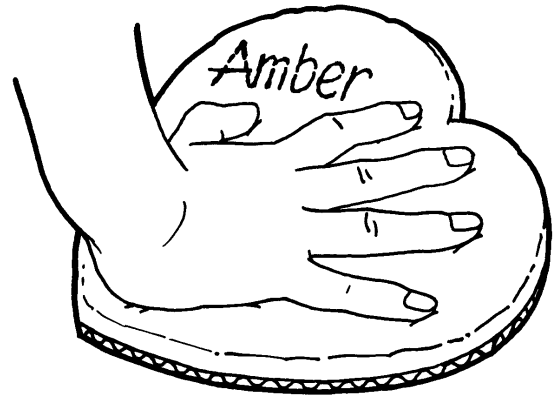
Heart-Shaped Handprints



Ready!

You will need:

- plastic tablecloth
- rolling pin
- heart-shaped cake pan or cardboard heart pattern
- plastic knife
- modeling clay or salt dough (page 160)
- poster paints and paintbrushes
- pencil
- cookie sheet



Set, Go!

1. If you decide to purchase a heart-shaped cake pan, it will be something you use again and again for art projects and cakes. However, you can just as easily cut a heart-shaped pattern out of cardboard. Your child will probably be able to press the clay or dough into a mold, but you may have to assist him with cutting a heart using a cardboard pattern.
2. Give your child a rolling pin, let him roll out the clay or dough, and press handprints into it.
3. Use a pencil to help your child write his name by the handprints.
4. Let the heart dry in the mold or cut out the heart shape using a cardboard pattern and place it on a cookie sheet to dry.
5. Ask your child to use poster paints to decorate the Heart-Shaped Handprints.
6. Allow the paint to dry. Then wrap the handprints, and invite your child to give his creation away as a gift.

Remember!

This makes an excellent gift for grandparents. Have your child make more than one and let him give them as holiday gifts.



Homemade Paint and Salt Dough Recipes



Finger Paint

You will need:

- 1 cup (250 mL) water
- 1/2 cup (125 mL) sugar
- 1 tablespoon (15 mL) boric acid
- 1 1/4 cups (315 mL) all-purpose flour
- liquid cloves
- food coloring
- microwavable bowl or double boiler

Boil 1 cup (250 mL) of water in the top of a double boiler or use a microwave oven. Add the sugar and flour, and stir. Remove the mixture from the heat. Add the boric acid and some liquid cloves to preserve the paint. Store the paint in an airtight container and keep out of reach of children.

Watercolor Paint

You will need:

- 1 teaspoon (5 mL) water
- 1 tablespoon (15 mL) vinegar
- 2 tablespoons (30 mL) baking soda
- 1 tablespoon (15 mL) corn starch
- 1/2 teaspoon (2.5 mL) glycerin
- food coloring
- small cup or bowl
- a few drops of liquid cloves

Mix the vinegar and baking soda in a small cup or bowl. Add the other ingredients and stir. Store the paint in an airtight container.

Salt Dough

You will need:

- 1/2 cup (125 mL) cornstarch
- 3/4 cup (195 mL) cold water
- 1 cup (250 mL) salt
- saucepan
- spoon
- wax paper or aluminum foil



Mix all of the ingredients together in a saucepan and stir constantly over a low heat. In two to three minutes the mixture will thicken, making it difficult to stir. Place the dough on the foil or wax paper, and allow it to cool. Knead the dough until it is smooth. (**Note:** If the dough begins to dry out, add a little water.) Salt dough is a great substitute for modeling clay in many projects. After a salt dough project has been completed, allow it to air dry.

