

Handprint Sunflower



Materials:

- Yellow, brown, and green tempera paint
- Styrofoam round plates (smaller plates for small hands, bigger plates for bigger hands)
- Pencil
- 3 Chopsticks (for stem, can just paint stem if sticks not available)
- Watercolors or watered down tempera paint
- Glue
- 3 large pieces of multipurpose paper (11x14 works nice)
- Large flat brush and/or roller
- Thin-tip paintbrush
- Sunflower seeds (optional)
- Scissors
- 1 Rubber band



1. Start by pouring some yellow tempera or non-toxic paint onto a paper plate. You can then use the roller or a large flat brush to apply paint directly onto your child's hand. Help your child carefully press their painted hand into the paper, then lift it, creating a print. Continue to do this and fill the page with hand prints. Then do the same for a second sheet of paper. Make more prints than you think you will need, some will not come out perfectly. Depending on the size of the hand and the plate, the number of hands needed will vary. We made 17 hands and used 11 of them to surround the plate.



2. Let the yellow handprints dry while preparing the middle of the sunflower. Paint it brown- you may need a few layers of paint. Let each layer dry in between adding layers. Use a pencil to puncture little holes the styrofoam. This will create the texture. Next, prep the stem by painting 3 chopsticks green. You can also just paint your stem on the paper instead of using a three-dimensional object..



3. For the flower you will need to cut out all the handprints. I carefully cut around each finger, but left a little white space outlining it and speeding up the process. Place the hands around your brown plate and start to estimate how many hands you will need. The hands should overlap a little and be placed on the curve inside on the plate. This curve will help the flower to look concave when complete. When gluing, keep an eye on the spacing and how many hands you have left. You can adjust the hands if using a school glue, because it doesn't dry right away. Just slide the hands over and space them further if they are too tightly overlapped or you do not have enough hands left. When done you can go back and add a little glue to help secure the flower some more.



4. Time to create the background! Using watercolors you can lightly make a wash of color. A large flat brush will help drag the watery pigment across the paint, spreading it equally with fast hand movements. I made the color very light so that it would not distract the eye away from the sunflower. I created a simple blue sky and a small section of green for grass. Then I went in with the thin-tip paintbrush to create blades of grass.



5. Once the background part is dry, glue down your stem and flower. Before I glued the stem I joined the sticks with a rubber band. Now it's time for those little hand prints again! This time it is to add leaves to the stem using the same method from earlier. Use the roller or a large flat brush to paint your child's hand with green paint, then carefully press the hand directly onto your artwork. This will create the green leaves extending from the sunflower's stem. We simply made two hand print leaves, one on each side.



You can choose to glue on some seeds and talk about the process of planting seeds. Perhaps you can plant some seeds outside as a great finish to this project!