

# “In the Human Body”

EXPLORE IT

## Module 16, Making Art with Your Body

### Prompt:

Use your body to do two different projects! This activity has two parts: making fingerprint art and body tracing. You can do one or both.

- *Fingerprint Art.* Did you know every person’s fingerprint is different? Have you ever looked at the little lines on the tips of your fingers? Use your unique prints to make a design. Dip them in ink or paint and make prints on paper. Make those prints into plants, animals, and more!
- *Body Tracing.* Make a giant picture of yourself. Work with another person to trace your whole body on a piece of paper. Use art supplies to give yourself an outfit, make a background, or color your whole outline in.

### Materials:

For Fingerprint Art

- [Stamp pads](#) or [Washable paint](#)
- Plain paper
- [Thin markers](#) or colored pencils
- Paper towels
- Bowl of water (to rinse off fingers when changing colors)

For Body Tracing

- [Large Paper](#)\*
- Crayons, markers, or colored pencils

\*If you don’t have any large paper, here are some suggestions

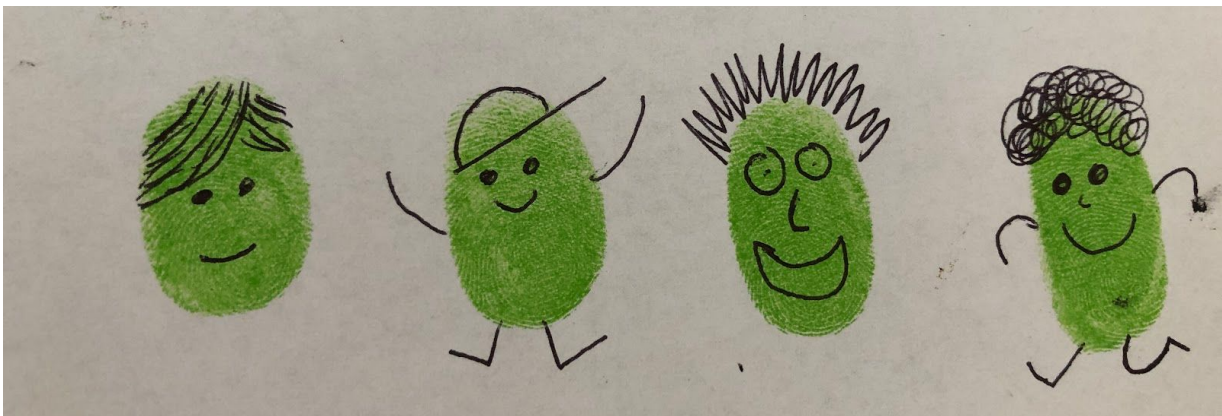
- Try this activity outside with sidewalk chalk
- Cut open paper grocery bags and tape them together
- Use the blank side of a wrapping paper roll
- Use a large cardboard box

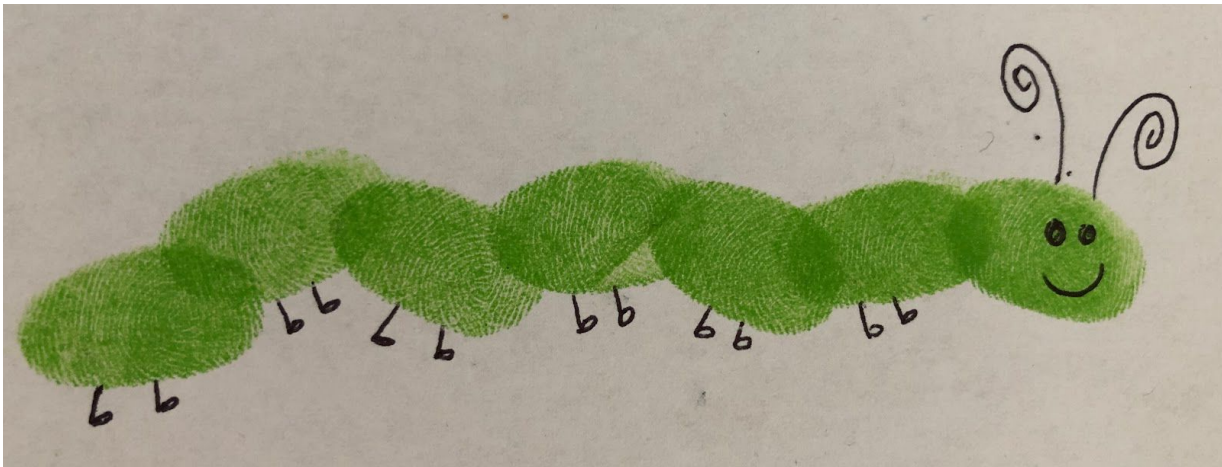
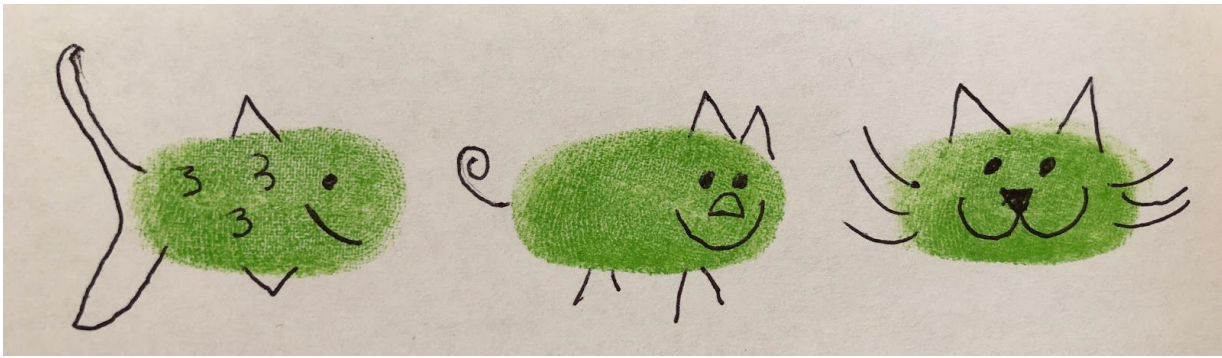
## Instructions:

Read each prompt with your child. Help them decide which project they want to start with.

### *For Fingerprint Art*

1. Encourage your child to do some exploring by making fingerprints on their paper with the stamp pad or paint. Invite them to dip their fingers in the paint or press them on the pad, and then make prints on their paper. If using paint, you do not need very much to make prints.
2. Once your child is comfortable with the materials talk to them about what kind of picture they will make using their finger prints. They can use their prints to make things like flowers and trees or animals and people. See the Resources section of this page for some examples.
3. Invite your child to begin making their picture.
4. When their picture is dry, encourage your child to use markers or colored pencils to add details to their pictures. Show them how they can add eyes, ears, and other features to fingerprints to make them into animals or people.





5. Challenge them to make more pictures using fingerprints, handprints, and even foot prints. (This can get messy, but in a good way!)

#### *For Body Tracing*

1. Roll out the large paper on the floor. Invite your child to lay down flat on the paper. Encourage them to lay with their arms and legs stretched out, or to make a funny pose with their body.
2. Trace the outline of your child.
3. Invite your child to take a look at their outline. Talk to them about what they notice. Does their outline look small or big?
4. Encourage your child to decorate their outline with crayons, markers, or colored pencils. Invite them to give themselves an outfit, add a background, or just fill it in with lots of colors.
5. Make another body tracing, with props. Invite your child to wear a big hat, hold a large toy, or change their outfit. Talk to them about how their new outline is different.
6. Optional: Help your child cut out their body tracing. Find a place in your home to hang it up!

#### **Resources:**

