



# Grateful Hands Garland

Bring the family together to create a Thanksgiving-themed garland. Each family member can add a handprint cutout and collaborate in creating a garland using mixed media fabrics. Together, share what you're most grateful for, and then display your project around the house for all to see!

1



## Gather materials:

- Scrap Pieces of Textile Material
- Construction Paper (fall colors)
- Ribbon / Fabric Pieces
- Twine / Yarn
- Pencil
- Ruler
- Scissors

2



Gather the family together and begin by having each family member trace their hand on a sheet of construction paper.

SENSORY  
FRIENDLY  
SATURDAY



3



Using fall color construction paper, place a couple of sheets underneath the page that has the hand tracings. Use about 3 to 4 sheets.

4



Cut each hand out of the layers of construction paper so that you have multiple colors of the same handprint. If the paper is very thick just do two at a time.

5



Pinch the bottom part of each hand and cut a tiny slit so that we can string them through.

6



Using a thick piece of yarn or twine, measure out about 4 or 5 feet and cut the end. This will be the base for the garland.



7



String the twine through a handprint through the tiny slit you created. A fun game to play is to name one thing you're grateful for each time you string a hand on the garland. "I am thankful for..."

8



Using a strip of fabric or yarn, cut about 4 to 6 inches in length. You can precut a few at a time to make the process faster.

9



Then place the ribbon around the string and tie a simple knot. You can tie a bow if you'd like.

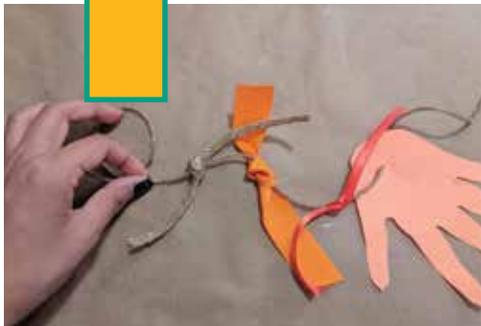
10



Add another piece of ribbon or fabric and repeat the process. Each family member can add a piece wherever they like on the garland.



11



As you change from one material to the next, you can begin to create a pattern. Make sure you leave about an inch or two space between each piece. Don't forget to add a handprint every so often!

12



If you have yarn, you can wrap the yarn around your hand several times, then cut one end off.

13



Then tie the bundle of yarn onto the garland just like the ribbon or fabric. This creates a tassel like look. You can make them bigger or smaller.

14



Have each family member tie different fabrics, yarn, ribbon and handprints until you have filled all 4 feet of the garland. When you're done, you can hang it on a door frame or wall to share with everyone!