

How to make an articulated hand

Introduction

This activity combines a fun craft activity with hand anatomy.

The anatomy covered is the bones in the fingers & hands and the tendons. By building the articulated hand from cardboard, string and straws students will gain a better understanding of how the hand functionally works.

Equipment

- Straws
- Cardboard
- String
- Sticky tape

For decoration (not essential):

- PVA glue
- Glitter
- Felt tips



Instructions

1. Place your hand on a piece of thin cardboard (like a cereal box) and draw around it.
2. Cut this out to make your hand shape.
3. Get a chopping board or a really thick wad of newspaper and use a ruler and a pair of closed scissors to gently score lines where you want the fingers and thumb to bend. This will be where you can see the "creases" in your own fingers.
4. The "bones" are straws cut into sections. Lay a straw along each finger and cut it into small pieces that fit inside the score lines.
5. You will need 3 short pieces for each finger and a longer piece that reaches almost to the wrist, for the palm of the hand.
6. Use sticky tape, to stick all the straw pieces in place.
7. Cut 5 lengths of thick thread or fine string (fine enough to thread through the straws) that is roughly twice the length of the hand. Thread each piece from the wrist to the fingertip through the straws pieces on each finger - it's fiddly but it should slip through easily.
8. When all 5 strings are in place carefully tie knots in the fingertip ends. Put a dot of glue on the knots or tape down to the top of the fingertip straws so they don't move.
9. There you have it - articulated hands to amaze and probably scare friends when they least expect it.
10. To make your articulated hand even more amazing and unique you can decorate it with felt-tips or for an extra glitzy effect why not cover with glitter?