**Activity At HAND 🍀**

**Bright Color Shines Through Rainbow Paper**

**PREPARATION**

- 1. Cut construction paper into 2 inch squares.
- 2. Fill the bowl half way with water
- 3. Put gloves on your hands to protect your hands.

**MATERIALS**

- Scissors
- Paper Towel
- Black Construction Paper
- Clear Nail Polish
- Bowl
- Water

**DIRECTIONS**

1. Put 2 drops of the clear nail polish into the bowl of water
2. Wait 10-15 seconds
3. Dip the squares of construction paper into the bowl
4. Carefully take the construction paper squares out of the bowl.
5. Put the squares on paper towel to dry
6. Once dried, your rainbow paper is complete!

**CONSIDERATIONS**

- Other shapes can be used for this activity if wanted– circle, heart, etc.
- It may take a few attempts to get it right. That is okay! Just keep trying!

**WELLNESS AREAS OF FOCUS**

- Physical
- Intellectual

**ACTIVITY SUBMISSION**

1. Take a picture of your project
2. Visit [hhcenter.org/adult-day-program/](http://hhcenter.org/adult-day-program/)
3. Click the link that reads Activity Submissions
4. Upload the picture