**Activity At HAND 🐠**

**Paper Plate Fish**

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**MATERIALS**
- Paper Plate - Uncoated
- Washable Markers
- Scissors
- Wiggle eye or Construction paper
- Cup of Water
- Paint Brush
- Tape or Glue

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**DIRECTIONS**

You are using the front side of paper plate for fish. Cut out a long triangle from the side of the paper plate. This will make a mouth for your fish. The triangle is the fish tail.

Tape or glue your tail to the back of the fish. (tape works better)
Make sure the inside of the plate is facing up.

You now have your Fish!

Next, take your markers and color the fish. Don’t forget the tail! Use colors that go together. Blue, green & purple won’t make mud. You can use red, yellow, and orange together too!

You can make wavy lines, dots, circles in the paint.

Now, take your paint brush and dip it in a little water. Paint your fish with the water. You are turning you markers into water colors! Some of the colors will run together.

Glue the eyes on. You can also make eyes out of construction paper or newspaper. Make a big circle and smaller circle for the inside of the eye. (if your fish is really wet you might have to wait to do this)

To finish off your fish cut slits in the tail to give it a bit of texture.

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**WELLNESS AREAS OF FOCUS**
- ✔️ Physical
- ✔️ Emotional
- ✔️ Personal

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**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 for activity submissions
4. Upload the picture

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**Helping Hand Center**

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