# Activity At HAND

## Movement of Designs

### Color Transfer

**PREPARATION**

- Place the foil on your table.
  - Use markers to color the top side of your foil. You can use many colors or just 3 or 4 colors. All of the foil needs to be covered with marker.
- Place the coloring page on your table.
  - Wet your paper towel with water.
  - Squeeze the extra water out of the paper towel.
  - Lay the paper towel on your coloring page and press on the towel.
  - Repeat so every part of your coloring paper is damp, not wet.
- Put your foil on top of your coloring page with the marker from the foil touching the coloring page.
- Move your hand over the foil to transfer color off of the foil and on to the coloring page.
- Lift the foil.
  - If the color is not coming off the foil and on to the coloring page, your coloring page is too dry. Try wetting your coloring page again.
- Take the foil off the paper. Your coloring page should be covered in color.

**Final Steps:**
1. Let your coloring page dry and cut out the picture.
2. Glue your coloring page on colored paper.
3. Cut the colored paper around the coloring paper in the same shape as your picture to create a border.

**MATERIALS**

- 8x10 Coloring Page
- 8X10 Sheet of Foil
- Washable Markers
- Paper Towel
- Optional Supplies:
  - Spray Bottle
  - Color Paper
  - Glue
  - Scissors

**CONSIDERATIONS**

- You can use a plastic sandwich bag instead of the foil.
- You can use the spray bottle instead of the paper towel.

**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