



Holy Week In Handprints

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<http://www.catholicicing.com/lenten-activities-for-children/>

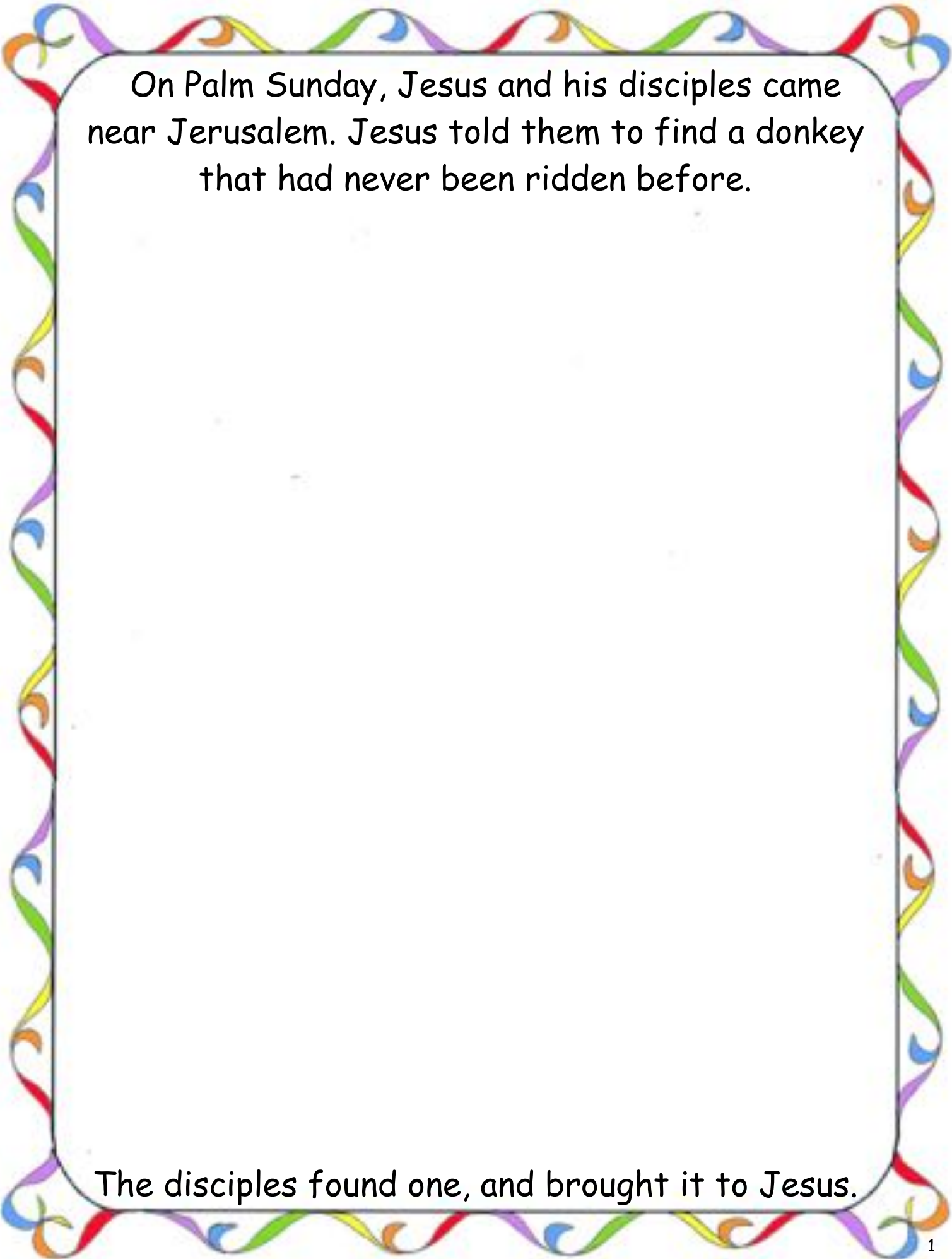
Holy
Week
In

Handprints

Adapted from the
book of Matthew

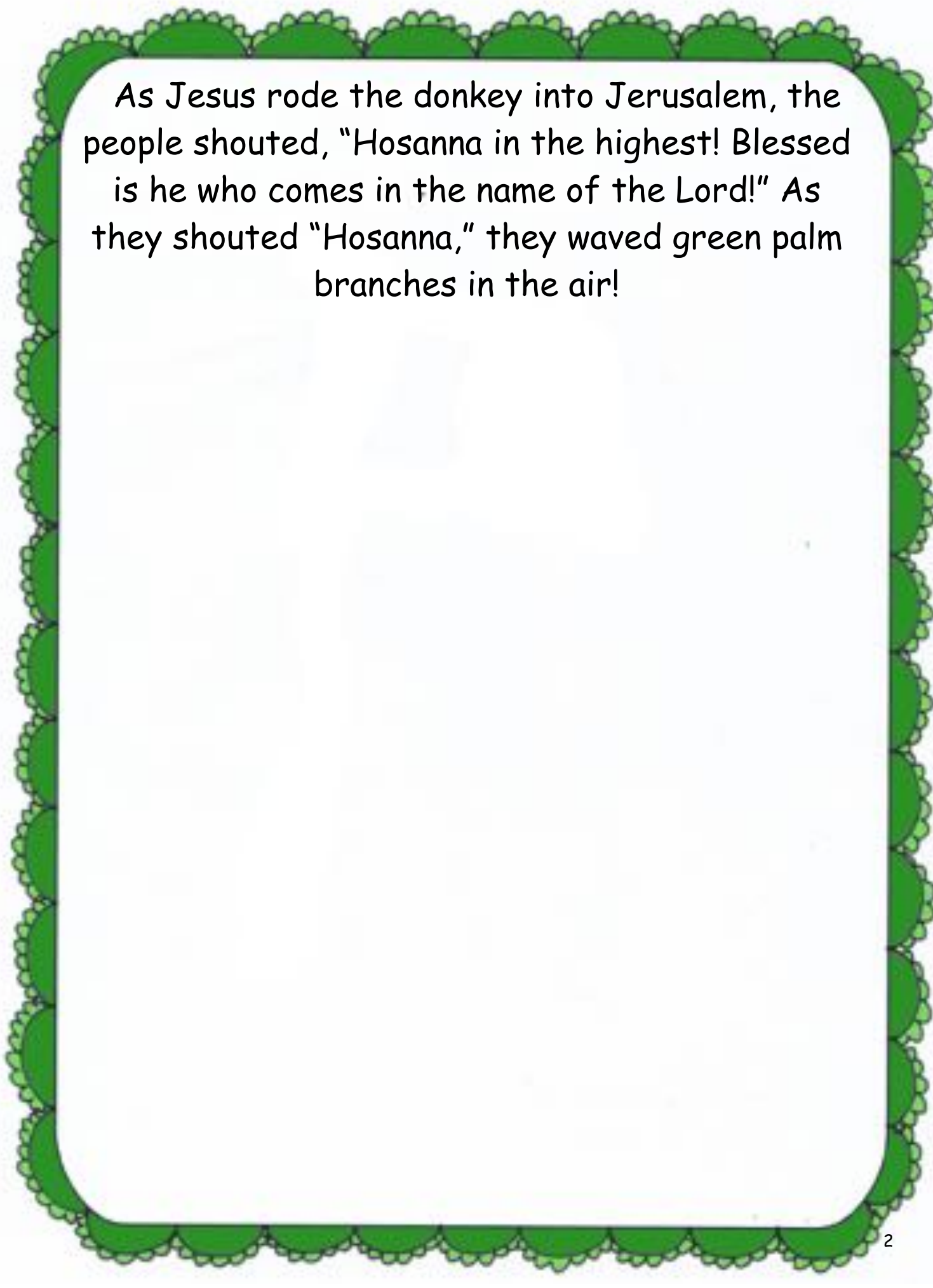
Illustrated By: _____

Catholic Icing

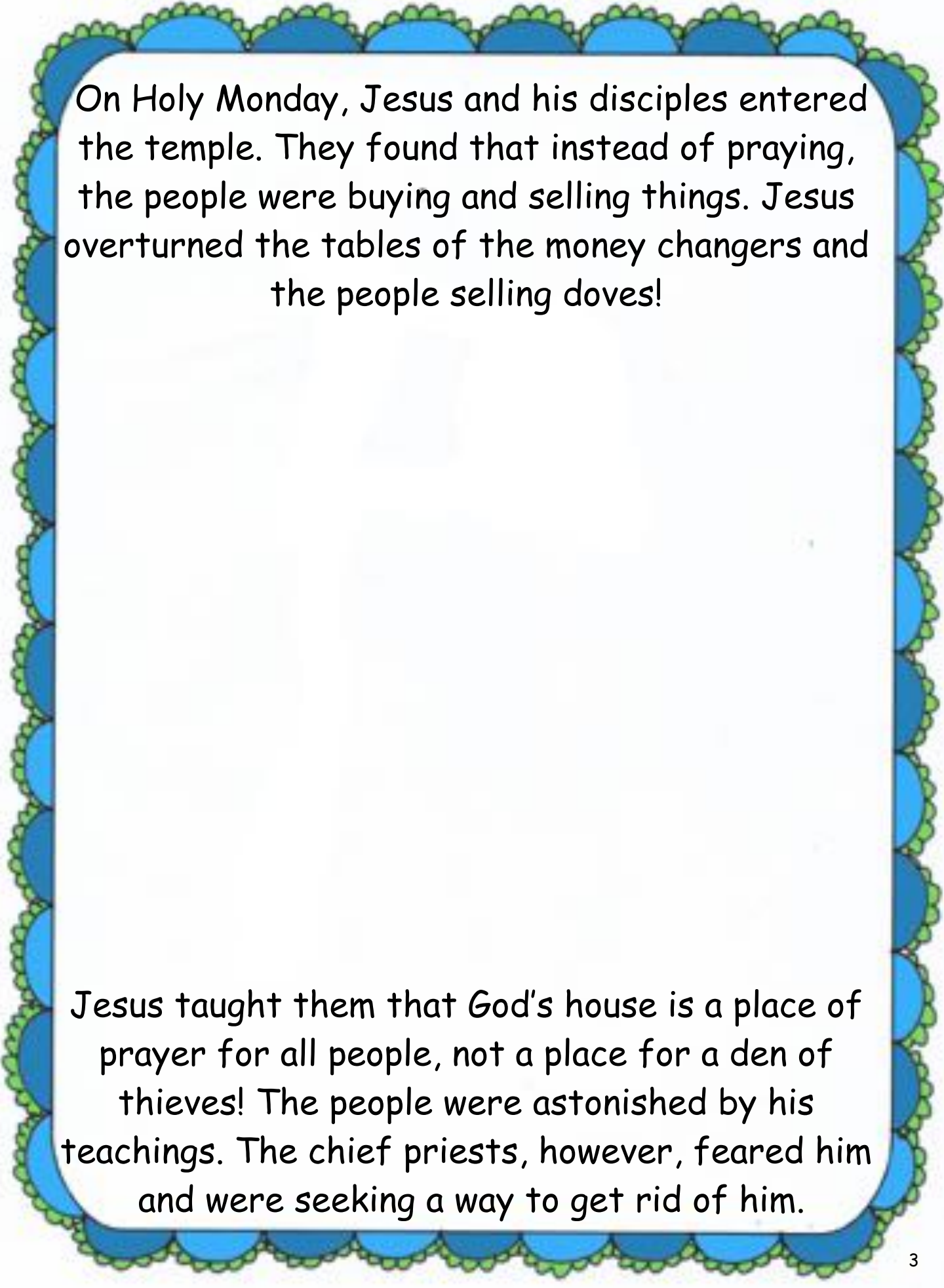


On Palm Sunday, Jesus and his disciples came near Jerusalem. Jesus told them to find a donkey that had never been ridden before.

The disciples found one, and brought it to Jesus.



As Jesus rode the donkey into Jerusalem, the people shouted, "Hosanna in the highest! Blessed is he who comes in the name of the Lord!" As they shouted "Hosanna," they waved green palm branches in the air!



On Holy Monday, Jesus and his disciples entered the temple. They found that instead of praying, the people were buying and selling things. Jesus overturned the tables of the money changers and the people selling doves!

Jesus taught them that God's house is a place of prayer for all people, not a place for a den of thieves! The people were astonished by his teachings. The chief priests, however, feared him and were seeking a way to get rid of him.

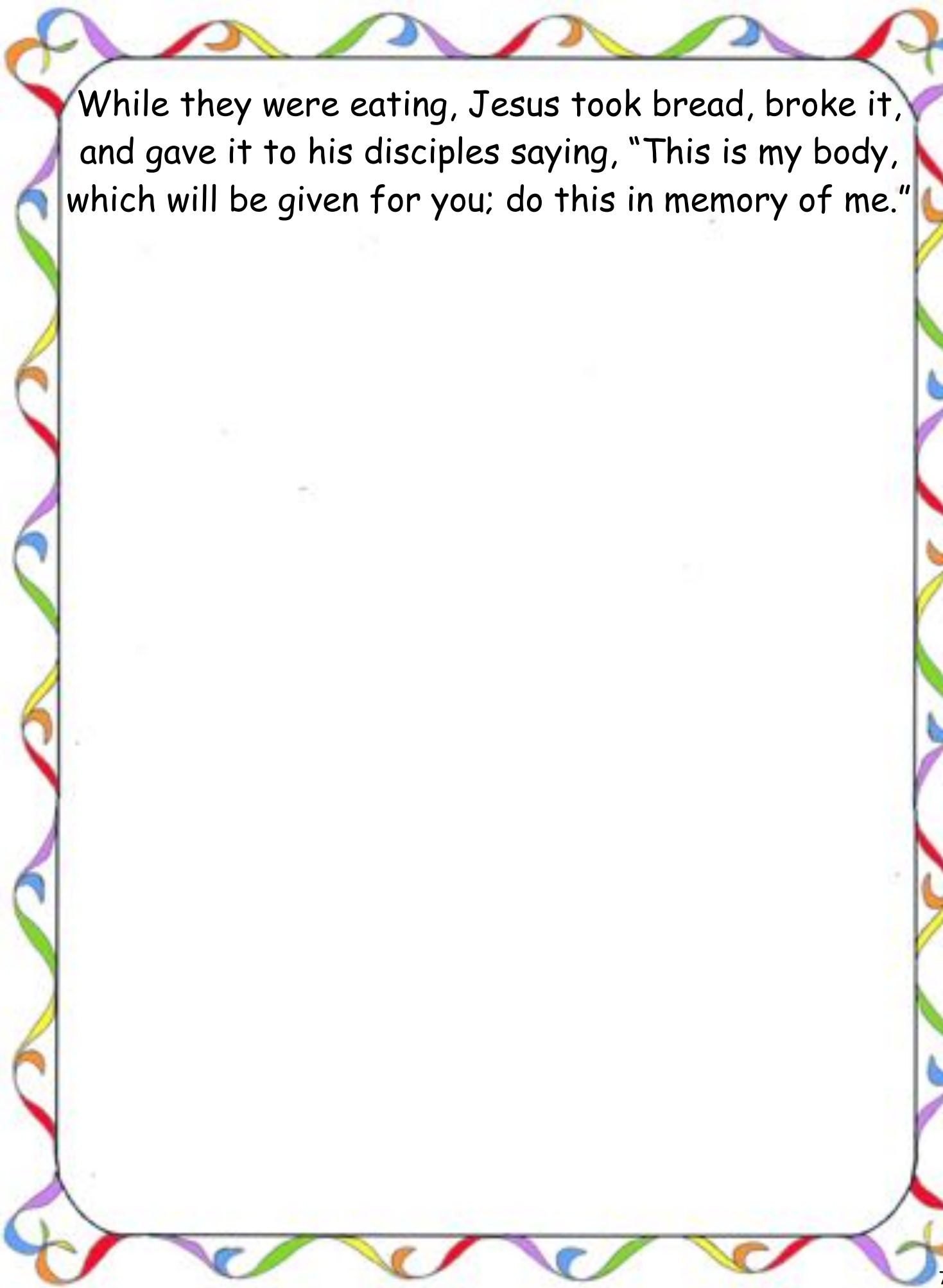
On Holy Tuesday, they returned to the temple. Jesus taught the people parables and gave them a new commandment. He said, "Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. Also, love your neighbor as yourself. There are no greater commandments than these."

The elders asked him, "By what authority are you doing and teaching these things?"

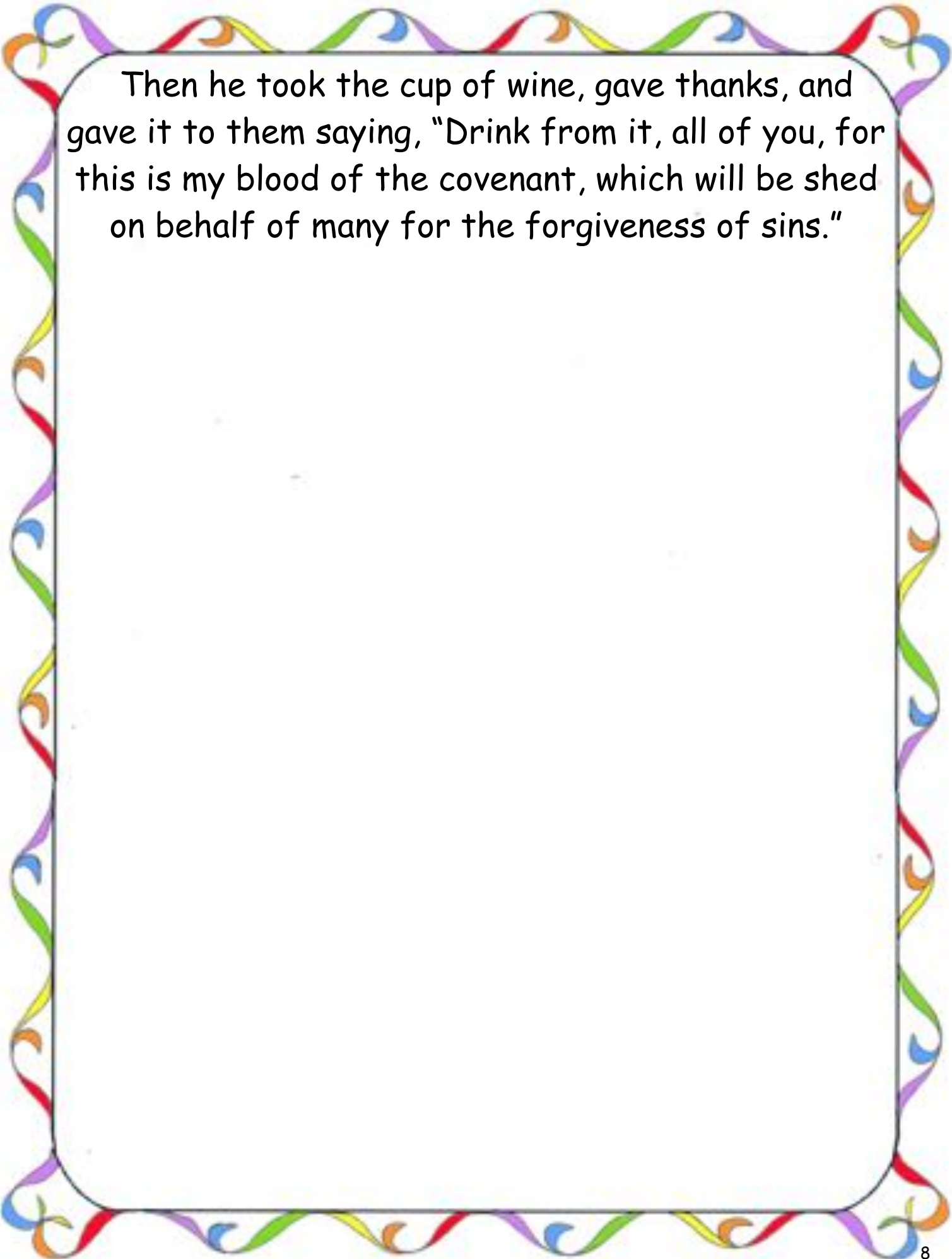
On Spy Wednesday, one of Jesus' disciples named Judas went to the chief priests. He said, "What are you willing to give me if I hand over Jesus to you?" They agreed to pay him 30 pieces of silver.

On Holy Thursday, Jesus was sharing the Passover meal with his 12 disciples in the upper room. This was his Last Supper. Jesus said to them, "One of you will betray me." They all said, "Surely it is not I, Lord?" and he said to them, "He who has dipped his hand into the dish with me is the one who will betray me."

At that moment, Judas had his hand in the bowl. Judas said, "Surely it is not I, Rabbi?" and Jesus answered him, "You have said so."



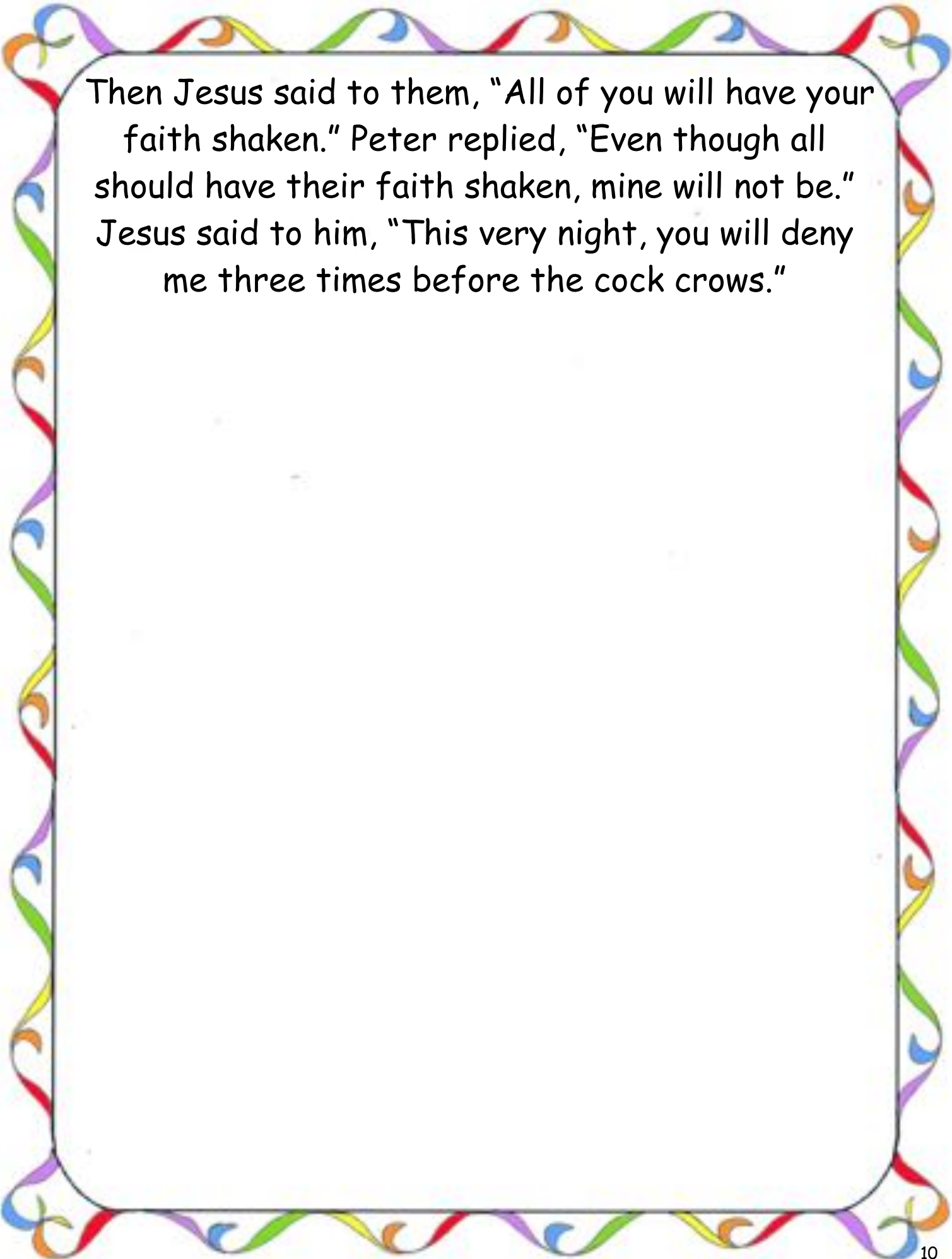
While they were eating, Jesus took bread, broke it, and gave it to his disciples saying, "This is my body, which will be given for you; do this in memory of me."



Then he took the cup of wine, gave thanks, and gave it to them saying, "Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins."

After dinner, Jesus filled a basin with water and began to wash the feet of the disciples, and dry them with a towel that he tied around his waist.

When he was finished, he said, "I have given you an example to follow. I am the master, and I have washed your feet, so you ought to also serve one another."



Then Jesus said to them, "All of you will have your faith shaken." Peter replied, "Even though all should have their faith shaken, mine will not be." Jesus said to him, "This very night, you will deny me three times before the cock crows."



Then Jesus took Peter, James, and John to the garden of Gethsemane.

Jesus asked them to stay awake with him and pray all night, but they kept falling asleep. Jesus was in great agony, for he knew what was going to happen. Jesus prayed, "Father, if it is possible, take this cup from me, but your will be done."

Then, Judas arrived with a crowd. He had arranged a sign with them, saying, "The man I shall kiss is the one; arrest him." Judas went over to Jesus and said "Hail, Rabbi!" and kissed him.

Then stepping forward, they laid hands on Jesus and arrested him.

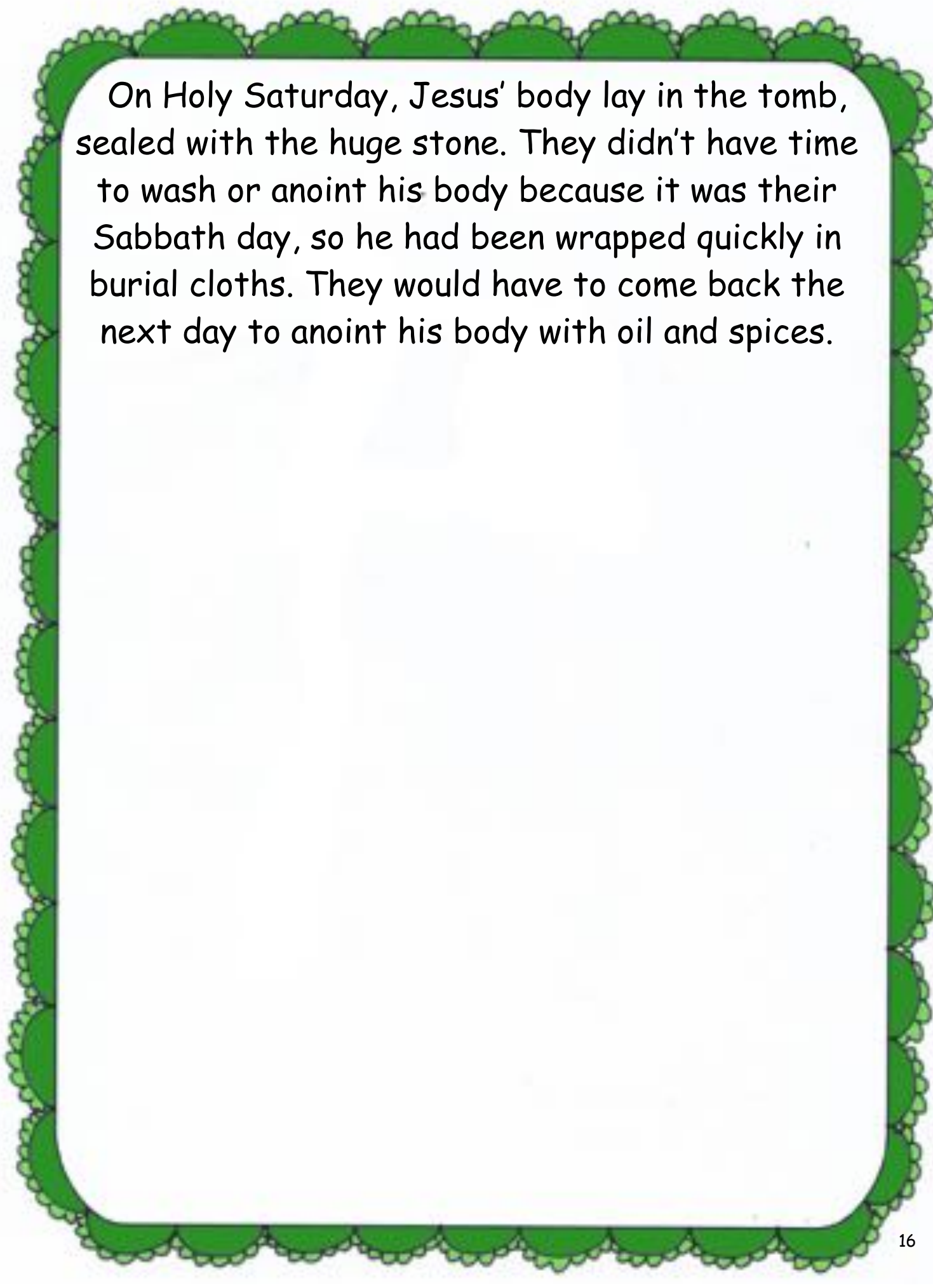
They led Jesus away and handed him over to Pilate. Peter followed at a distance, and the people said, "You were with Jesus!" Peter denied it, saying, "I do not know the man!" Twice more he did this, and then the cock crowed. He remembered that Jesus said he would deny him three times before the cock crowed, and he began to weep bitterly.

On Good Friday, Jesus faced Pontius Pilate. He asked Jesus, "Are you the king of the Jews?" Jesus said, "You say so." The people shouted, "Crucify him!" Pilate took water and washed his hands, saying, "I am innocent of this man's blood. Look to it yourselves."

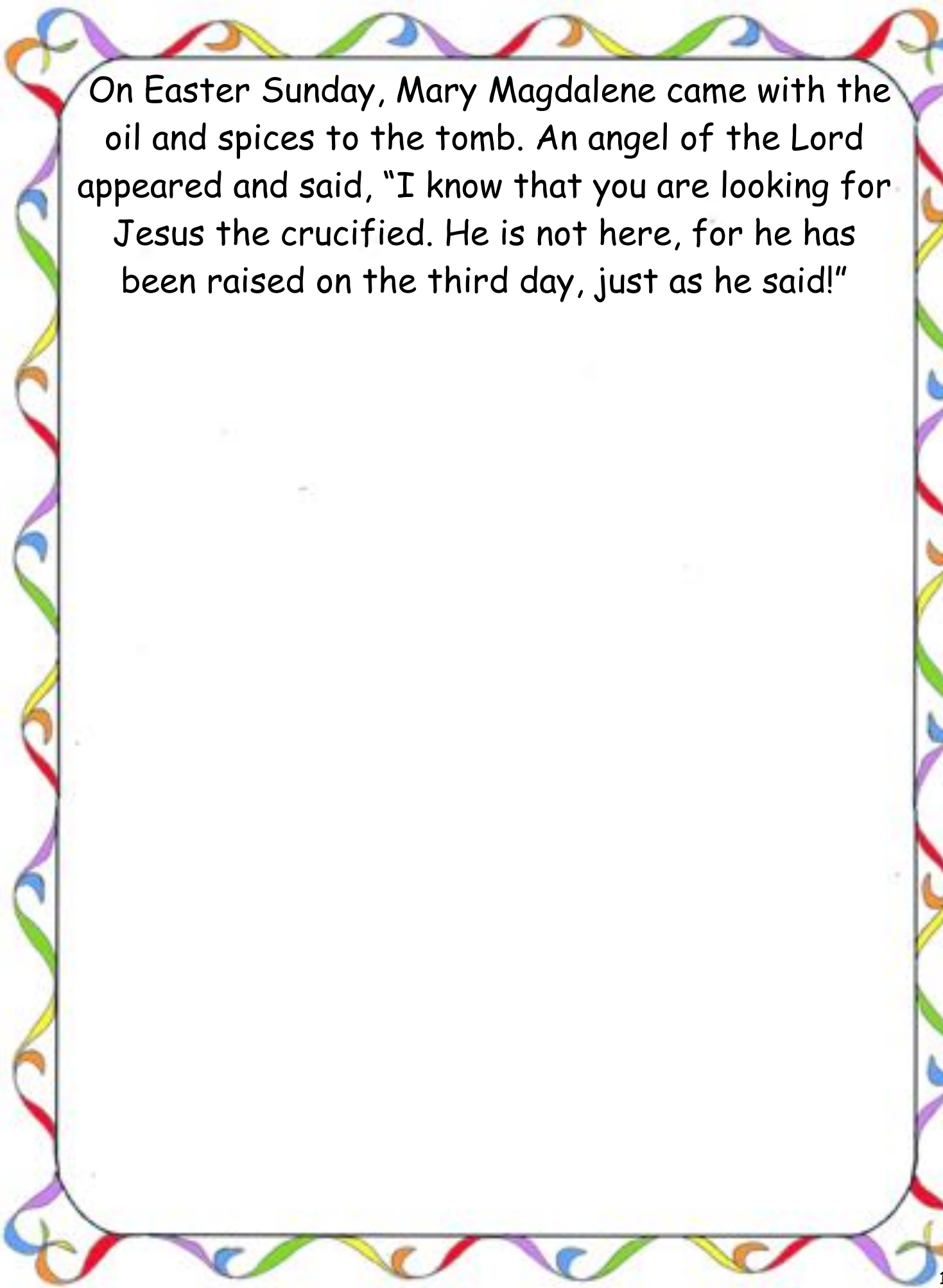
The people said, "His blood be upon us and upon our children."

They took Jesus, scourged him, beat him, and mocked him, saying, "Hail, king of the Jews!" They placed a crown of thorns on his head, and made him carry a cross. When they reached the place of Golgotha, they nailed him to the cross, and crucified him.

Jesus died. They laid his body in a tomb, sealed it with a huge stone, and placed guards outside.



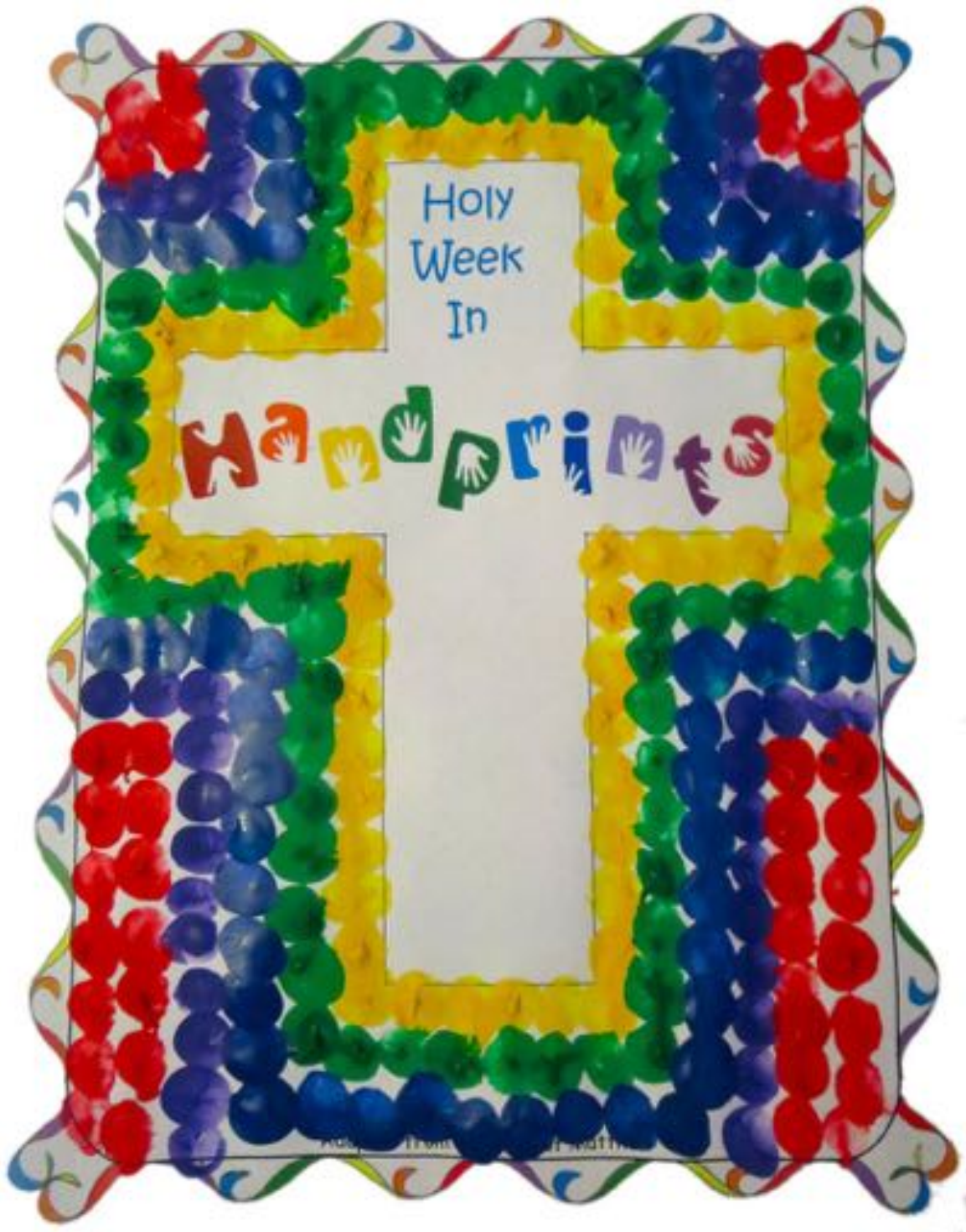
On Holy Saturday, Jesus' body lay in the tomb, sealed with the huge stone. They didn't have time to wash or anoint his body because it was their Sabbath day, so he had been wrapped quickly in burial cloths. They would have to come back the next day to anoint his body with oil and spices.



On Easter Sunday, Mary Magdalene came with the oil and spices to the tomb. An angel of the Lord appeared and said, "I know that you are looking for Jesus the crucified. He is not here, for he has been raised on the third day, just as he said!"

Happy Easter!

Cover: Start with yellow paint. Make fingerprints all around the outside of the cross in one line. Go around the cross again, this time with green. Repeat the fingerprints around the cross again, this time in blue. Fill the remaining 4 corners with red fingerprints.



Page 1, Donkey: Start with a gray upside-down handprint. Using a paint brush, paint the head and ears on the opposite side of the thumb with the same gray paint. With black paint, add hooves, hair, eye, and a tail. Paint the end of his nose white.



Page 2, Palms: Stamp hands with various shades of green paint to create palms. If you are stamping a small enough hand, you can stamp them in half oval shape to create the feel of a full palm branch. Finger paint a stick at the bottom.



Page 3, Dove: **This page should be printed on pastel colored paper** Start with a white hand-print for your dove. Add details using black paint and paint-brush.



Page 4, Heart: Make 2 upside down red hand-prints in a heart shape. Optional: paint a pink outline around the hand-prints using a paintbrush.



Page 5, Judas' Silver: Make a skin toned hand and wrist print. Add silver finger prints on the hand. Fill the rest of the page with silver finger prints until there are 30 total.



Page 6, Hand Dipped In Bowl: Make a hand and wrist print in skin toned paint upside-down on the paper. Paint a brown bowl under the hand, overlapping the finger tips slightly.



Page 7, Wheat: Use yellow-orange paint to finger paint 3 lines vertically on the paper. Make finger print clusters on the end. Add brown lines with a paint brush.



Page 8, Grapes: Make a cluster of purple thumbprints in a triangle shape. Start with a long row, and each lower row gets one less thumb print. Use green paint and a brush to make some leaves and vines at the top.



Page 9, Washing

Feet: Start by making 2 footprints in skin tone. Add water by finger painting on blue wavy lines. **If your feet are too big to fit on the paper, you can make handprints that look like footprints using the side of your hand, and add toe prints with your fingers.**



Page 10, Rooster:

Start with a red handprint. Add yellow, black, and pink details with paint and a paint brush.



Page 11, Garden:

Start with a green handprint. At the top of each finger, add a flower. The flowers are made by placing 1 yellow fingerprint in the middle with varying colors of fingerprints around in a circle for petals. Finger paint grass across the bottom with green paint.



Page 12, Kiss: Make a lip print kiss by putting on red lipstick and printing your lips onto the paper. Put the lipstick on thick, and pucker up like you're really kissing the paper. Push the paper against your lips and press on the other side with a flat palm. Alternatively, just finger paint on a lip shape with red paint. The top lip will be shaped somewhat like a capital "M" and the lower lip like a "U".



Page 13, Tears: This is the only page where you don't start with printing. First, use a paint brush and black paint to put on 2 black "U" shapes for closed eyes, and upside-down "7" for a nose, and a sad mouth. Make blue fingerpaint tears flowing down from each eye.



Page 14, Hands Being Washed: Make 2 skin-toned handprints on the paper, your right hand on the left side and visa versa. Then finger paint on blue wavy lines coming down for water.



Page 15, Crucifixion: Print 2 handprints in skin-tone. Add a red finger print in the middle of each one for a nail hole.



Page 16, Sealed Tomb:

Paint the palm of your child's hand gray, and the 4 fingers yellow. Do not paint the thumb. Stamp the hand, then using green paint, fingerpaint Calvary hill over the gray "rock" of the sealed tomb. Add 3 finger-painted crosses to the top of the hill.



Page 17, Angel: **This page should be printed on pastel paper so the white handprint shows up** Make 1 upside down handprint (fingers together) in white for the angel's garments. Make 2 more handprints for the angel's wings in light yellow. Paint on the head, hair, halo, and face with a paintbrush.



Page 18, Jesus: **This page should be printed on pastel paper so the white handprint shows up** Make 1 upside down handprint (fingers together) in white for Jesus' garments. Paint your hand again. This time, the palm of your hand should be skin-tones, and the 4 fingers should be brown. The thumb remains unpainted. Stamp this upside-down on top of the garments to create Jesus' face and beard. Using a brush, add 2 wavy lines coming from the top of the head to make his hair. Also with the brush, add 2 white lines for arms and 2 skin-tones circles for hands. Two black dots make his eyes.

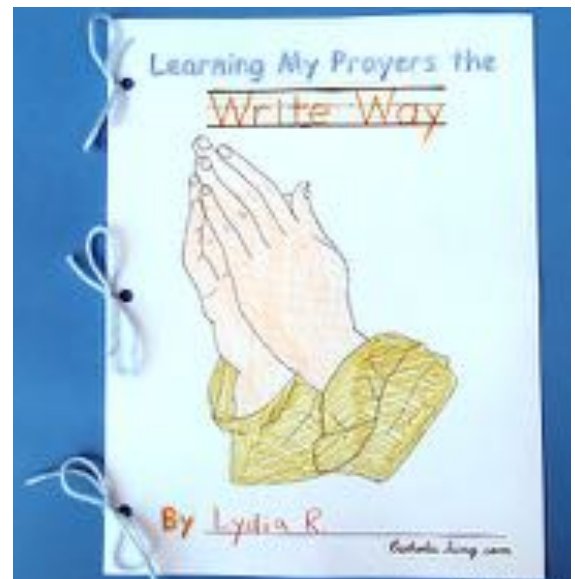
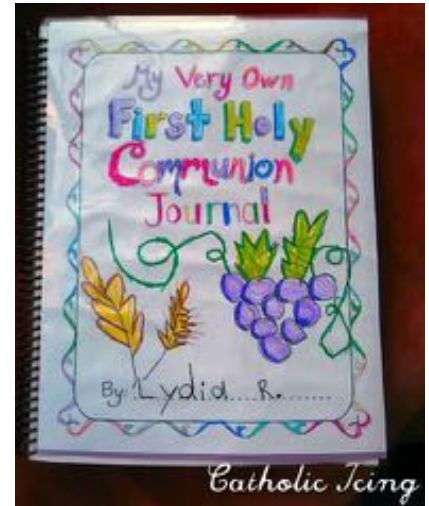


Supplies Needed:

- This download and access to a printer
- White printing paper
- Assorted Paint (You can use acrylic or tempera paint. If you're working with small children, I suggest washable paint.)
- Paint brush (I suggest a 1 inch foam brush, and a regular sized artist brush)
- Baby wipes (optional, but strongly suggest)
- Pastel colored printing paper- You'll want to print pages 3, 17, and 18 on colored paper. This is because you'll be making white handprints, and they won't show up on white paper.
- 2 pieces of white card stock (I recommend printing your front and back covers onto cardstock depending on your plan for binding your book. See the "binding options" on the next page to determine if you need to do this.)
- Optional- a laminator or self sealing laminated pouches for the front and back covers (again, see my binding options for when I recommend this.)

Options For Binding Your Books:

- Take your book to an office supply store and have it comb bound or spiral bound. (for this option, I would recommend printing your front and back cover onto cardstock and/or laminating the front and back covers before binding)
- Punch holes and insert the pages into a pronged folder, report folder with a clear front, or a small binder.
- Slide the pages into clear page protectors and insert the pages into a pronged folder, report folder with a clear front, or a small binder.
- Punch holes and connect with jump rings or tie with pieces of yarn. (for these I would also recommend the front and back covers to be printed on cardstock and/or laminated)
- Staple the book together.



General Tips For Good Handprints:

Before beginning, have the kids practice holding their hand flat, holding their fingers together, and spreading their fingers apart. It's very frustrating to try to explain these concepts to a child that already has paint all over their hand.



I have found that the best way I get a consistent handprint from kids is to actually paint their hand rather than dipping it. I squeeze the paint onto a paper plate, and paint it generously with a foam brush (although any wide brush will work well, I have found that the foam brushes tickle less.) Make sure you cover the whole area, even the spaces between their fingers and palms.

Place the child's hand on the paper, hold it still, and use your fingers to push down on each of their fingers or toes. Then pull their hand off the paper. If you are working with a preschooler, never let go of the child's wrist. Just be ready with a baby wipe and get it right off of there before they have the opportunity to move or touch anything. ;-)

Big Foot:

If your child's feet are too big to stamp on the page, there is a way to make smaller footprints with your hand. Make your hand into a fist, then dip the pinkie side into the paint and stamp. This makes the shape of a bottom of a foot.



Use fingerprints to add little "toes."



3 Options To Complete This Project:

1. As fast as possible. You just want the book illustrated and assembled asap. In one afternoon, lay out all the



- pages, have your kids help you make all the handprints. You let them dry, and come back and add the details in yourself. (see next page)
2. Make the book a joint project by breaking it up among siblings or a classroom. Divide the number of pages you want to complete by the number of kids that you have, and let them each complete just a few. Be sure to write the children's names at the bottom of the page so you remember who's handprints are who's! This will make the book a treasured keepsake.
 3. Over Holy Week- Do the pages for each day during actual Holy Week.

A Plan For Stamping Efficiently:

If you're looking to stamp the hands and assemble the pages in an efficient manner, you'll want to do it by color of stamping. This cuts way back on time spent because it makes for the least amount of hand washing and paint drying. Here are the pages listed by paint color. Stamp them in this order, and let them dry. When you're finished stamping, come back to add the details, working in the same order so the paint has time to dry. If working with more than 1 child, assign each child to a particular color(s).

Skin-toned paint- pages 5, 6, 14, 15

Skin-toned for feet (or optionally hands)- page 9

Skin-toned and brown- page 18

Green paint- pages 2 and 11

Red paint- pages 4 and 10 (and optionally 12)

White paint- pages 3, 17, 18

Gray paint- pages 16 and 1 (in this order)

Gray & yellow paint- page 18

Yellow paint- page 7

Purple paint- page 8

Blue paint (finger painting details)- pages 9, 13, 14

All colors (finger painting details)- page 11

Add remainder of details as indicated with a paint brush as indicated in the directions.

The Abridged Version:

If you want to do this but need to make the project smaller, you can do an abridged version with just the following pages

- Cover (just print it- you can skip painting the fingerprints)
- Pages 1, 2, 7, 9, 11, 12, 14, 15, 17 : **Note* These page numbers refer to the numbers on the bottom right corner of each page, not to the pages of this pdf file.*

**A possible schedule to complete
the pages during Holy Week:**

- Saturday before Palm Sunday- cover
- Palm Sunday- pages 1 and 2
- Holy Monday- page 3
- Holy Tuesday- page 4
- Spy Wednesday- page 5
- Holy Thursday- pages 6, 7, 8, 9, 10
- Good Friday- pages 11, 12, 13 14, 15
- Holy Saturday and/or Easter Sunday- pages 16, 17, 18
- Bind the book when the pages are finished drying.