

Making Hand Prints

You'll need:

- Dishwashing liquid
- Ink film sheets (supplied)
- 6-10 pages white paper A4
- cooking oil
- A flat surface

If you have cuts or broken skin on your hands wait for them to heal before proceeding.

Steps

1. Wash your hands with dish washing liquid and then dry thoroughly. Put a tiny drop of cooking oil on one hand and then rub your hands together until the oil is evenly spread on both hands. Remove the oil using a paper towel.
2. Put a small stack of white paper on a flat surface. (desk/table)
3. Peel apart the ink strips at the transparent edge. (You need both sides. One for each hand. Each inked sheet can be reused a few times. Put the one inked sheet out of the way so that it doesn't get damaged while you are working with the other.)
4. Lay your hand on one of the inked sheets.
5. Push down on the back of your hand with your other hand.
6. Push down on each finger: top, middle, bottom.
7. Lift your hand up with the inked film still attached.
8. Use your other hand to push the inked film onto your hand from the other side so that the hollow of your hand also gets inked.
9. Peel off the ink film.
10. Now lay your inked hand onto a white page.
11. Use your other hand to push down on the inked hand.
12. Push down on each finger: top, middle, bottom.
13. Slide the paper with your hand still on it half off the table so that you can press up from under the page so that the hollow of the hand also gets recorded.
14. Peel off the paper.
15. Make 1 more print of this hand without applying more ink.
16. Repeat steps 4 to 15 using the same hand and the same inked sheet.

17. If the prints look blurred or unclear, repeat the whole process (4 to 15) using the same inked sheet and same hand.
18. Press the thumb separately onto the bottom of each page. Add extra ink if necessary. (It's best to do this step right on the edge of the table so that the rest of your hand hangs under the table.)
19. Repeat until you have a clear print.
20. Repeat this process (4 to 17) with the other hand, using the new ink film sheet.
21. Record the thumb separately, as above.

To remove the ink:

1. Put some cooking oil on your hands and then rub them together.
2. Wipe off the ink on paper towels
3. Repeat until all the ink is removed
4. Wash hands with liquid soap.