

Students Rebuild  
Youth Uplift Challenge

# Hand Making Instructions



students  
rebuild



## Why hands?

Hands are unique; there are hands that are small, large, some with long fingers, and some with short—our hands represent our identity and the individual contributions we make in the world. Hands can be how we connect, how we work, how we give, how we receive, and how we literally lift one another up. While not all of us have hands that move the same way, and there are other ways to connect, work, and uplift; it's the simple symbolism of the hand—both lending one and accepting one—that resonates so strongly with the Youth Uplift Challenge.

## Make a hand – instructions

Our instructions are for the easiest possible construction with the most accessible materials, but if you would like to use other materials or methods—including photography and digital art—please feel free. We love seeing the many creative and thoughtful ways people everywhere create for Students Rebuild!

### Materials

- Paper (any kind will do!)
- Scissors
- Something to write and decorate with (markers, crayons, paint, stickers, etc.)

### Directions

1. Place your non-dominant hand near the center of the paper.
2. With your pen or marker, outline your hand, starting near your wrist and continuing along to the opposite side.
3. With your pen or marker, connect your start and end points to close the hand.
4. Take your time and decorate the inside of your hand—use vibrant colors or create interesting designs!
5. Cut out your hand along the outline.
6. *We encourage you to continue reading below, and write how you can uplift someone in your own community.*



## Lend a hand – taking local action

While participating in Students Rebuild is an opportunity to uplift others globally, there's so much we can each do locally to make a positive difference. Although it looks different from place to place, poverty exists everywhere, and there are often small things we can do to help those around us who might be experiencing unstable circumstances. There are also those around us who are lonely, behind in school, or just need a little extra help to make life easier. As you outline and decorate your hand, reflect on accessible ways you can uplift someone locally. There are big ways

and simple ways, but no matter what size the task—we want to hear about it! Share your ideas with us inside your hands, through a drawing, or through writing. We hope you'll be inspired to follow through on these ideas as well.

Here are some ideas to get you thinking about how to uplift someone in your own community:

- Bring an extra lunch to school for someone who might not have one.
- Volunteer at a food bank, children's hospital, or neighborhood clean-up.
- Start a book, essentials, or clothing drive for your local homeless shelter.
- Visit an elderly neighbor.
- Help tutor another student.
- Send a letter to someone who might be lonely.
- Listen to someone who might need a friend.
- Pick up extra chores for others who might need help.

If you're unsure of where to start lending a hand in your community, look into service learning programs that might be available at your school or check out Create the Good ([www.createthegood.org](http://www.createthegood.org)) or Volunteer Match ([www.volunteermatch.org](http://www.volunteermatch.org)). Both organizations can use a zip code to connect you with nearby service opportunities. Create the Good even offers helpful project guides and inspirational resources to help you get your own service initiatives started!

## Arts prompts

There are many ways to use the hand-making activity as an arts experience. Students can approach the art making in a way that is really fun and creative, but also reflective—bringing a deeper and more personal, emotional connection to participation. While we recommend using paper, we also welcome and encourage you to experiment with other materials: paint and canvas, photography, digital art, ceramics, watercolors, oil pastels, collage, printmaking, and more. If you choose to create work using digital tools and graphic design—again, you may print and mail these, or submit these pieces by email to us at [info@studentsrebuild.org](mailto:info@studentsrebuild.org).



## Elements of Design

Line, color, contrast, pattern, texture, movement, and shape. Within your hand create interesting and visually compelling compositions while exploring the elements of design and practicing art techniques. Think about the Youth Uplift Challenge; young people who are benefiting from this project are re-imagining their dreams and possibilities through new learning opportunities. How can using the elements of design—even graphic and abstract design—communicate your own change in mindset or hopes for the future?

## Identity

Our hands can be representative of our identities—from size to skin tone, fingerprints to scars; your hands can tell a story about you and your background. Use your hand as a canvas to create a visual story about yourself. Where are you from? What are you like? Who and what supports and uplifts you? Who do you, in turn, support and uplift? Use design, drawings, or even text to create a portrait of your identity within your hand.

## Art History and Visual Studies

Funds generated through this year's Youth Uplift Challenge will support programming in Indonesia and Nicaragua. Explore the art, visual culture, and distinct symbolism from these countries and within your hand create designs and images that are inspired by and representative of these diverse cultures. Integrate this exploration with dives into social studies and the humanities to create an active dialogue that increases cultural awareness.

## Observation

An exercise in looking deeply and mechanical drawing skill, consider drawing your hand life-size—from direct observation. Study the curves and lines, replicate the shadows. Add features like rings, nails, and wrinkles. Practice realism, notice small details, bring your awareness to the subject, and reflect on the good your hands are capable of.

## Send your hand creations to Students Rebuild

Now that you're ready to send us your hands, please follow these shipping instructions.

1. Print and complete the packing slip, included below, to send with your package.

If you're unable to print the packing slip, please be sure to include this team information in your package:

- The name of your Youth Uplift Challenge Team (the one you registered with)
- The number of young people (under age 19) that participated in the Challenge
- The number of hands inside your package

This information is critical and helps us track the contributions of your team. Thank you in advance for ensuring this step happens!

2. Mail your hands with the packing slip or team information to us:

***Students Rebuild***

*2400 1st Ave South #336*

*Seattle, WA 98134*

If sending your package by postal mail is too expensive, please contact us at [info@studentsrebuild.org](mailto:info@studentsrebuild.org) for support.

Virtual hands and submissions for teams outside the United States may be printed and mailed, or submitted by email to us at [info@studentsrebuild.org](mailto:info@studentsrebuild.org).

Once we receive your hands, we'll ensure they're counted and each matched with \$1.90—up to \$500,000—in funding for Save the Children's youth empowerment programs. Save the Children will also deliver a selection of received hands to youth in Nicaragua and Indonesia. Stay tuned to our website for details!

Printable Mailing Slip



**Team name:**

**Team leader name (person who registered team):**

**Team leader email:**

**Number of young people (under age 19)  
who participated in Challenge:**

**Number of hands in your package:**

# Template

If you are unable to outline your own hands, we'd love for you to use our template below.

