

DIY Cheering Hand Foam Art Activity for Seniors

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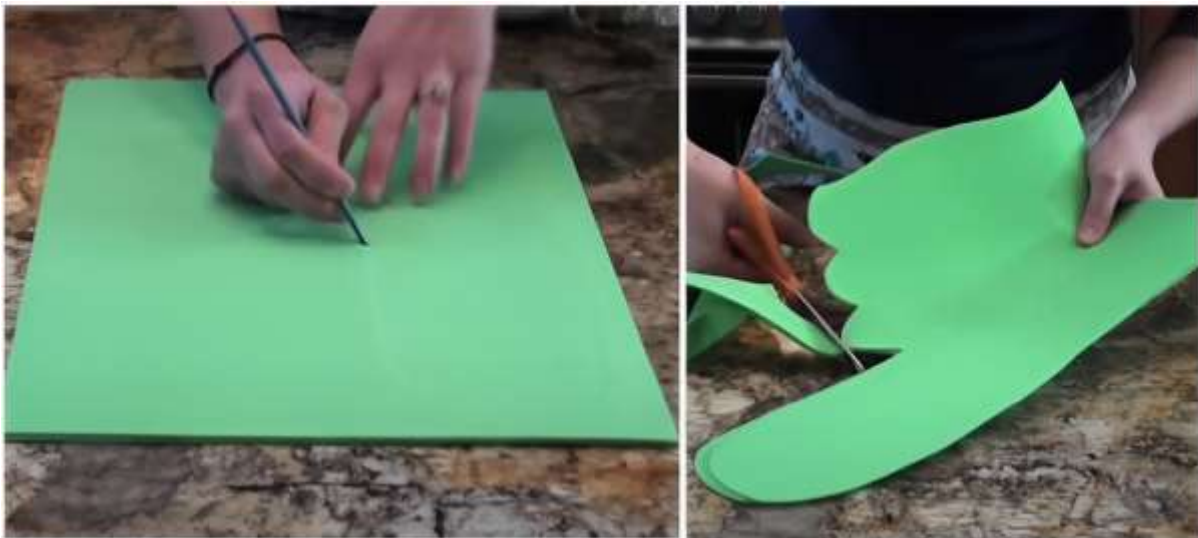
Materials Needed:

- Large foam sheets in team colors
- Craft paper for templates (optional)
- Pencil or marker
- Scissors
- Glue gun with glue sticks
- Decorative materials (glitter, sequins, stickers, markers)

Step-by-Step Guide:

Step 1: Trace and Cut

- Select foam sheets in the colors of your favorite football team. This will be the base of your foam hand.
- Draw and create a hand-shaped form onto the foam sheets or use a hand template that is available on the internet for convenience and start to Trace.
- Cut out the two hand shapes.



Step 2: Layer and Glue

Be sure to supervise seniors that may need to take extra care using the hot glue gun.

- Place one foam hand shape on top of the other, aligning the edges.
- Make sure the team colors are visible on both sides.
- Using a glue gun, carefully apply glue along the edges of the foam, leaving the bottom edge open for your hand to slide in.
- Press the edges together firmly to create a pocket-like structure.



Step 3: Decorate Your Hand Foam

Now comes the fun part! Use glitter, sequins, stickers, markers, and any other decorative materials you like to personalize your foam hand. Let your imagination run wild and show off your team spirit.

Add additional decorations or details that reflect your unique style. You can write your team's name, add slogans, or even glue on small foam elements that represent your team's logo or mascot.



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