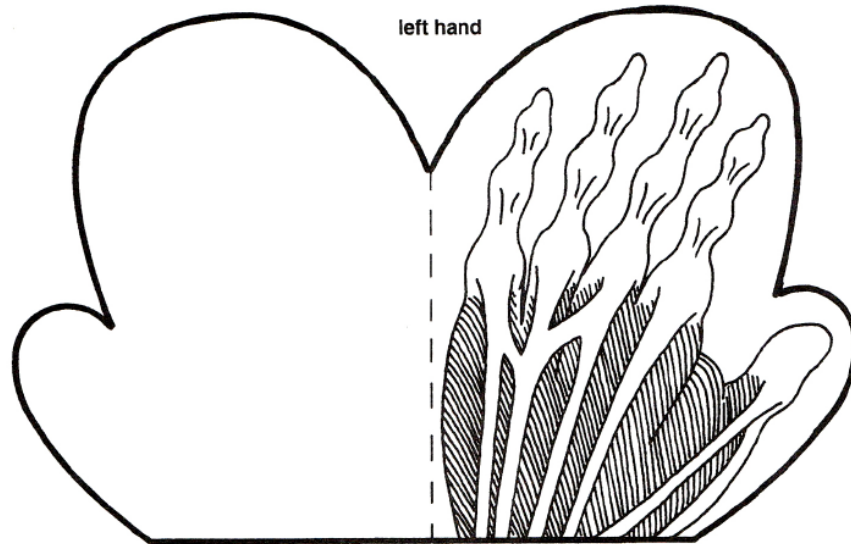


# Making the Hand Muscle Mitten

1. Reproduce the hand muscle mittens.
2. Fold along the outside edge and staple the inside edges together.
3. The child can wear the muscles like a mitten.



## More Options

1. Label each of the muscles in the hand. Think about what your hand would look like and how it might operate differently if you removed just one muscle.
2. Color around all the muscles so you can see the muscles more clearly.
3. For bigger kids, enlarge the muscle mitten pattern so it will fit larger hands.

