



# How to make... your puppet's body, hands and feet

Suitable for ages 5 - 7 with a little adult help

Suitable for ages 8+ working independently

## You will need:

- Cardboard
- Newspaper
- Scissors
- Tape (ideally masking tape)
- Pen or pencil
- Access to a printer (optional)
- PVA glue
- Paintbrush
- Glue pot (old yoghurt pot/jar)
- String



This worksheet is designed to guide you through the second day of our Make a Puppet week. Do [check out Day One](#) to get started. This worksheet comes with a template for the body, hands and feet, or you can design your own.



## Instructions for the body:

### Step 1:

Look again at your design from Day One. Draw the shape of your body in profile (side view) on to a piece of cardboard. You can either do this free hand or draw around our template.



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## Step 2:

Cut out your shape.



## Step 3:

Scrunch up some large pieces of newspaper and tape them to your cardboard shape.



## Step 4:

Keep going until you have filled the whole shape.



## Step 5:

Repeat on the other side.

### TIP:

Keep looking at the shape you are building from different angles and don't forget to look back at your design to make sure you create a 3D shape you are happy with.



## Step 6:

Once you're happy with your shape, wrap the whole thing in tape to make it nice and strong and secure.

Leave to one side whilst you make the hands and feet.



The hands and feet are made in a very similar way.

## Instructions for the hands:

### Step 1:

Draw out a hand shape onto cardboard or use one of our templates. Choose either a mitten-like shape or if you want a real challenge you could draw out separate fingers.



### Step 2:

Cut out this shape and use it as a template to make three more the same. All together you should have four hands.



### Step 3:

Cut a long length of string and tape the end to one of your cardboard hands.



### Step 4:

Take another cardboard hand and sandwich the string between the two hands. Tape the pair together.



### One Step further:

On one side, tape some scrunched up newspaper across the back of the hand and thumb. Bend down the cardboard fingers a little towards the palm of the hand.



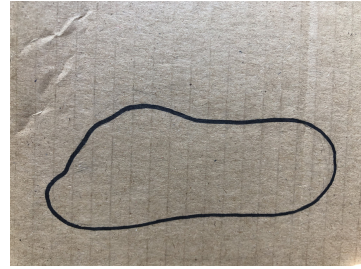
Make the other hand the same way.

If you are doing the extra challenge step, do pay attention to where the thumbs are and make sure you are building up the right side of the hand to make one right and one left hand.

## Instructions for the feet:

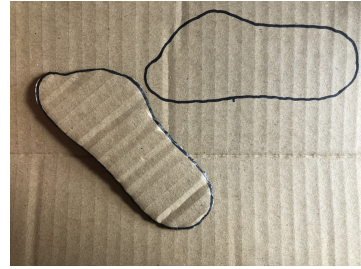
### Step 1:

Draw out a foot shape onto cardboard - think of the shape of the bottom of your foot, not the side. It should look a little like a footprint. You could also use our template.



### Step 2:

Cut this shape out and use it as a template to create another foot.



### Step 3:

Scrunch up newspaper and tape it to your cardboard foot. Build up your shape in this way until you are happy with your foot shape.



### Step 4:

Cover the whole shape in tape to make it nice and strong and secure.



Repeat with the other foot.

If your foot shape has a clear big toe, pay attention to where that is and make sure you build up the foot on the right side of the cardboard to make one left and one right foot.

(Have a look at your toes. Your big toes are next to each other on the inside of your feet.)

Now you need to paper mache over all the shapes you have created to make them good and strong.

## Paper mache instructions:

### Step 1:

Pour some PVA glue into a pot and add a little water. Mix thoroughly. You are after the consistency of double cream or thereabouts.

### Step 2:

Cut up lots of bits of newspaper. Because the shapes you're putting the paper mache on are not very big, make your bits of newspaper small to make it easier.

### Step 3:

Using a paintbrush, paint your glue mix onto your shape. Stick the newspaper into the glue and then paint glue back over the top.

Alternatively, if you don't mind getting messy, dip your newspaper strips into your glue mix and layer the wet paper over your shape.

Overlap the bits of newspaper and completely cover your shapes. Leave to dry, ideally overnight.



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Template:

