STORY HACKERS

STEAM Activity

They All Saw a Cat

Paint What You Feel

Innovation and STEAM go hand in hand, and creativity is crucial to innovation. This art project will help exercise your creativity, hand eye coordination, focus and fine motor skills.

Materials:

- Sheet of heavy paper or a paper plate
- Tempera Paint or any washable paint
- Paint brushes (or use your hands!)
- Cup filled with water
- Piece of cardboard or paper plate
- Paper Towels
- Old newspapers or sheets

Instructions:

1. Cover the work area with old newspapers or sheets for easy clean up in case of spilled paint.
2. Gather materials and place them on or around the work area so everything is within reach.
3. Use a piece of cardboard or paper plate to add and mix colors.
4. Remember to rinse brushes in a cup of water between colors.
5. Use paper towels to wipe off excess water from paint brushes and to clean up any spills.
6. When everything is set up, take a moment to think about what feelings you'd like to express through your art. These can be feelings you had in the past, feelings you have in the present, or feelings you'd like to have in the future.
7. Consider the following feelings: happy, sad, angry, worried, proud, hopeful, disappointed, lonely, shy, silly, nervous, etc.
8. Once a feeling is selected, begin to paint with that feeling in mind.
9. Your painting will be unique. You have the freedom to paint however and whatever you want. Take time with this painting, step away from it, and look at it again to make sure the feelings you are trying to express are coming across through your work.