



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Painted Hearts

Component: Art

Time: 30 minutes



Materials:

- Washable paint
- Cardstock (white)
- Large Ziploc bag
- Tape
- Glue
- Scissors

Procedure:

- Draw a large heart on cardstock paper.
- Poke a hole in the heart with scissors and cut out the heart. Do not start cutting the heart from the outside. This will be the frame.
- Drop a few drops of paint on another sheet of cardstock in a large Ziploc bag.
- Tape the end of the bag to ensure it cannot be opened.
- Press the paint around however they'd like. Push the paint and mix it together.
- Once you are done "painting", take the page out and scrape off any excess paint that is too thick or clumpy. Now let your page dry completely.
- Glue the painting to the back of the cardstock with a heart.