#NCSCConnects Virtual Activity

Activity: Art on Canvas

Category: Culture - Arts and Crafts

Suggested Grade Level: Grades 7-12

Description: A fun and easy art project using the fluid acrylic pour technique.

Supplies:
- Canvas
- Recycled soda bottle (any size)
- Acrylic paints (assorted colors)
- Plastic cups (one for each paint color)
- Wooden sticks (one for each paint color)
- Scissors
- Water
- Table covering (newspaper, trash bag, disposable tablecloth)

Instructions:

1. Lay out table covering of your choice on a flat surface.
2. Use scissors to puncture the recycled soda bottle. Cut the bottom of the soda bottle off and set the bottle base to the side. Young children, please have an adult cut the bottle for you.
3. Pour paint colors into separate cups. Paint will be thick; add water as needed for an easier pour. Just be sure not to add too much water.
4. Stir paint and water using the wooden sticks.
5. Lay blank canvas down, front side up, and place the cut soda bottle bottom onto the center of your canvas (cut side down, as shown).
6. Pour the color of your choice on top of the soda bottle. The paint should drip down all four sides of the bottle.
7. Repeat step 6 with the other paint colors until your cups are empty.
8. Let paint dry.
9. Optional: Carefully pick up the canvas and slowly move it side to side, allowing the colors to swirl around to give your painting a different look.

**Takeaways:** This art activity can be used to help alleviate emotional stress and stimulate creativity for people of all ages. By engaging with art, we can promote mental health and self-expression.