FEARLESS MOVEMENT PRESENTS

ART with Ashley

Every Wednesday we will share,
"Ashley's favorite DIY Projects"
through: www.fearlessmovement.org/artwithashley

Therapeutic DIY Project provided by: www.Clubchicacircle.com

Supplies needed:

1. Paint - white, and two colors of your choice
2. Any "canvas" - Paper, Cardboard, Wood, etc.
3. Toothpicks

Substitutes:

1. Paint - Make your own! (1/2 cup of flour, 1/2 cup of water, 1/2 cup or salt)
   A. Mix until smooth.
   B. Divide into extra bowls as a "cream" or "white color"
   C. Grab food dye to add colors (1 drop per bowl) and mix!
2. Toothpicks - Use a fork, or any other utensil with a small point at the end!

Be featured and share your art by tagging or messaging us on social media!

@FearlessmovementFM @Fearlessmovement

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Steps:

1. Squirt base color (Usually white) onto art surface.
2. Then squirt colored paint randomly (usually two colors not counting white)
3. Use toothpick to mix paint anbd make cool designs!

Make sure to share your projects with us by posting your art, tagging us on social media or emailing us!

Have questions? Email us: thefearlessmovement@gmail.com

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