

Tools

Paint Brushes

Acrylic/Tempera Paint

Canvas or Cardstock Paper

Black Sharpie

Painters Tape







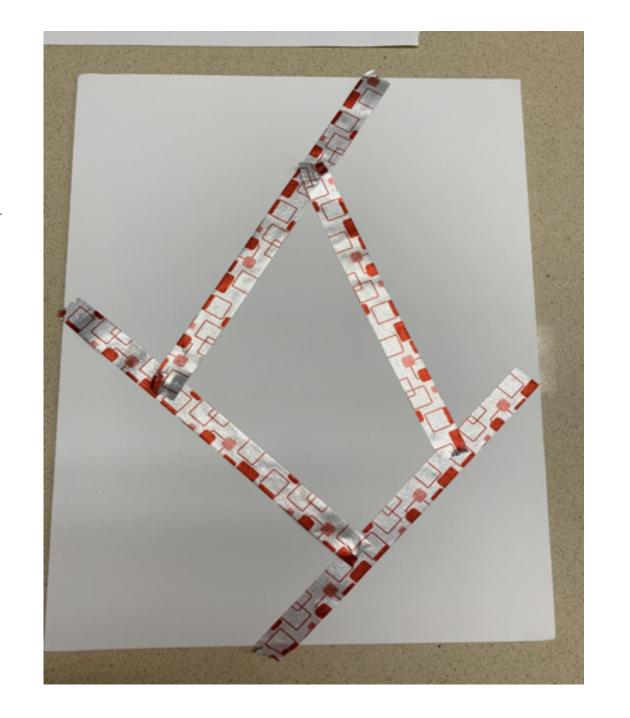


Step 1:

Cut small pieces of the painters tape and use them to make strips on your canvas.

You can make designs with the paint, intersecting lines, or even just randomly place it across the board.

However you place it, those areas will be where you write your quote so make sure you have enough space!

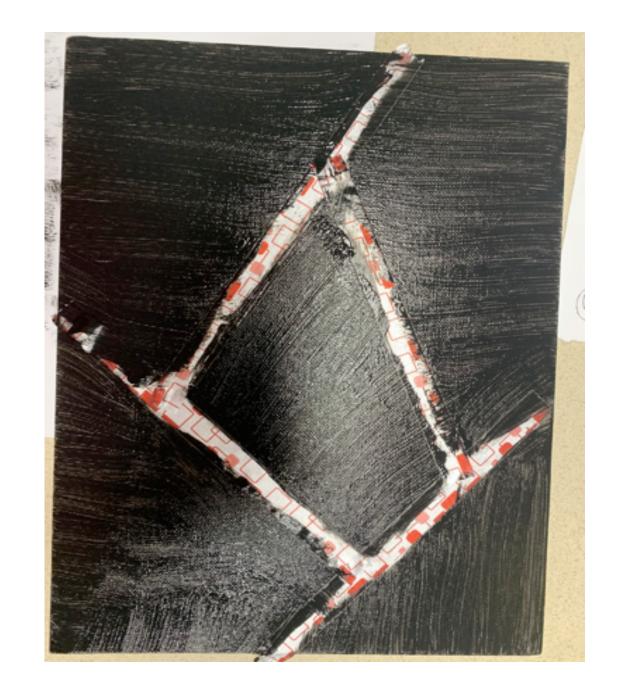


Step 2:

Once all your tape is on the canvas, it's time to paint!

You can paint your board all one color (like we did!). This way, when you splatter, it's a bunch of splattered colors against a solid background.

You can also paint each area a different color so you have a totally colorful canvas.



Step 3:

Once your canvas is totally painted, it's time to add some colorful splatters!

Dip your paint brushes into different color paints and flick them at the canvas. You can also flick just the tip of the paintbrush for smaller dots.

Keep doing this until your board is full of splattered color and you love it.

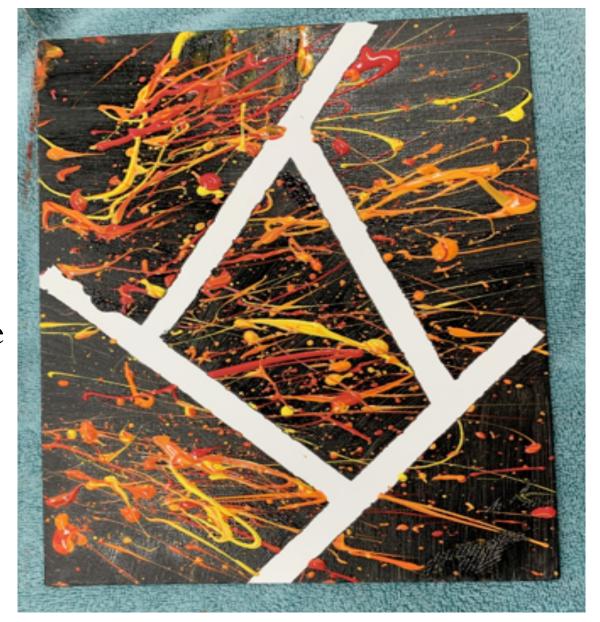


Step 4:

Once your canvas is totally splattered, it's time to let it dry so we can write on it.

Carefully pull off all of the tape and throw it out. You need to pull off the tape before you let the canvas dry, otherwise the paint could dry on the tape and ruin the canvas if you pull off the when it's dried.

Let your canvas dry completely!



Step 5:

Once your canvas is totally dried, it's time to write in your favorite quote or just words that make you happy or feel inspired.

Use the black sharpie to write in all over the empty white places and fill up your picture with inspiration.

Hang your canvas and look back at it when you want to feel good!



Fun Alternative 1:

Use the painters tape to write the letters of your saying and put a line on top and bottom.

Paint the entire canvas black, making sure it's a dark layer so the color can pop out.

Using a sponge, sponge on colors around the taped words.

Remove the tape and let it dry.



Fun Alternative 2:

Use the painters tape to write the letters of your saying.

Keep the canvas white so the color can pop out.

Using a sponge, sponge on colors around the taped words. Flick paint on also for some fun splattering.



Remove the tape and let it dry.

Let's see your masterpiece! ©



