#KeepingUsTogether

Arc helps vulnerable adults and young people to manage their mental health by exploring what it means to live well and experience a creative journey to increased resilience, confidence and independence.

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Animal Poly-Printmaking

What you'll need

Participant Project!

- Pencil
- Paint
- Brush or roller
- Polystyrene or thick card
- Scissors
- Paper to print on

This week's activity comes from participant Hannah, who wanted to show you a simple and fun animal print activity. It's perfect for children and a great way to teach them about animals, artmaking and even just as a cognitive task! Adults could think about ways to take the design further, perhaps non-animal shapes, creating products or personalised cards or wrapping paper. It's simple and fun, and can be done with just a pencil, paint, a brush and some pizza bases! You can also by polystyrene in sheets or small rectangles See Page 2 for full instructions and 3 for templates.

Top Tips / Take it Further

* If you can get some, printing ink is made for this activity and will spread more evenly.
* Why not pair this with drawing time beforehand and ask children to draw animals and print using their drawings?
* Why not create a piece of art for a friend that includes their fave animal, like a unicorn!
* Perhaps you could print on larger paper and create wrapping or even wallpaper!

Inspiration

* www.pinterest.co.uk/ipstuff. /printmaking-relief-print

* www.arc-centre.org/blog-therapeutic-art-activities

CLICK HERE

Animal Poly-Printmaking
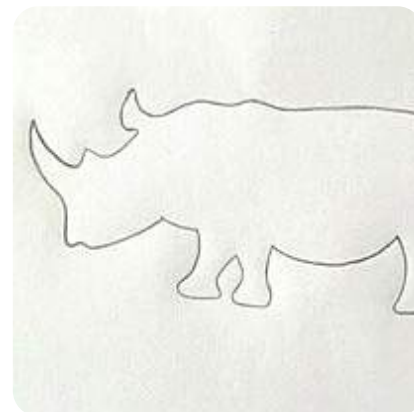## Step-by-step

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- Choose paper of any colour to print on
- Choose your favourite animal (perhaps a recognisable or uncomplicated shape!)
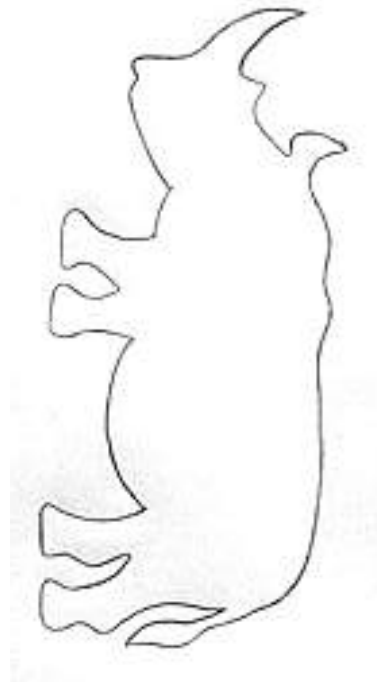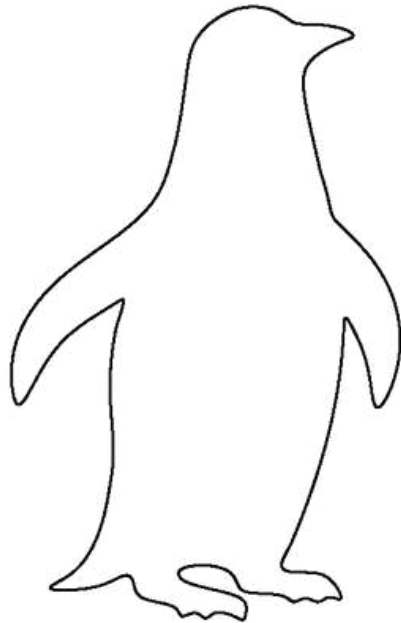- Draw a template or trace a screen or print one from the internet

Ideas for recognisable animals could be penguin, rhino, giraffe, whale, butterfly, bird, squirrel, turtle, fish, frog, dragonfly, cat. **See page 3 for some templates to print or trace.**

- When you have a template, place the piece of paper at the edge of the polystyrene to save some space for other animals, and draw hard around the lines
- Alternatively, create a line of dots poked through with a sharp pencil
- Cut round the shape

- Add details you like such as eyes, lines or stripes etc using the pencil
- These lines and areas will be the colour of your paper because they are the bits that won't be painted.
- The animal and anything you draw will be mirrored when you print them too

- Cover the polystyrene shape with paint or printing ink with a roller or paint brush
- Try to apply evenly and to avoid filling in any details you've drawn
- Turn it over carefully, trying not to drop it on your paper!
- Place it where you want your first print to be. Press it down over the whole surface of the animal, take care not to touch around it with painty hands!

Et voila! Repeat the process to create a lovely animal repeat pattern!

Animal Poly-printmaking Templates

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What am I?