

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.



Fun mixed media printing

What you'll need



- Tissue/collage paper
- A3 or A4 card/paper
- Magazine/newspaper
- Paint
- Glue
- Masking tape
- Pencils/felt tips/oil pastels/sharpees
- Polystyrene sheet (from recycling)

This creative activity is from participant Toni. Inspired to share this by the cactus card she made during her course at Arc, Toni's advice is "Remember! Have fun, this does not need to be perfect. I hope this brings you as much fun as it did me!". Don't forget to share your printing with us using #KeepingUsTogether.

Top Tips

- ✿ Pizza packaging polystyrene works well.
- ✿ If you want to use the same colour throughout a piece, make sure you mix enough paint at the start.
- ✿ Be careful when removing the prints from the page, they can be delicate!

Take it Further

- ✿ Use your printing skills to make greetings cards.
- ✿ Try using potatoes, they can be carved into any shape.
- ✿ Make your own unique and thoughtful gifts, by printing onto a cushion or tote bag with fabric paint.

CLICK HERE



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Step-by-step



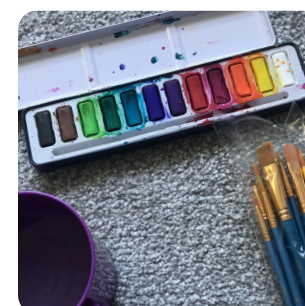
Create your background. Using the magazines, newspapers or tissue, glue different textures to your card or paper. Leave some gaps so that your print will stand out over the top of it.



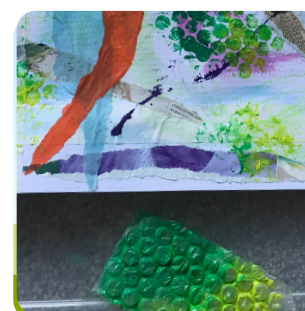
Take the polystyrene or bubble wrap and draw a design of your choice using a pencil/pen to create an indentation.



Cut around your design and choose one or multiple colours of paint (which will stand out over your background) to brush over the polystyrene imprint.



Ensure that you reapply paint after each print.



You can print in many different styles, try overlapping, repetitive printing or in multiple directions,

