

PAINT, PATTERN AND DECORATION

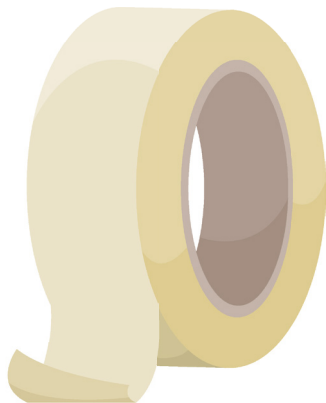
WE THOUGHT THIS WOULD BE GOOD FOR EVERYONE TO DO NO MATTER IF YOU'RE GOOD AT ART OR NOT, AND IT'S ALSO VERY CALMING.



YOU WILL NEED:



PAPER



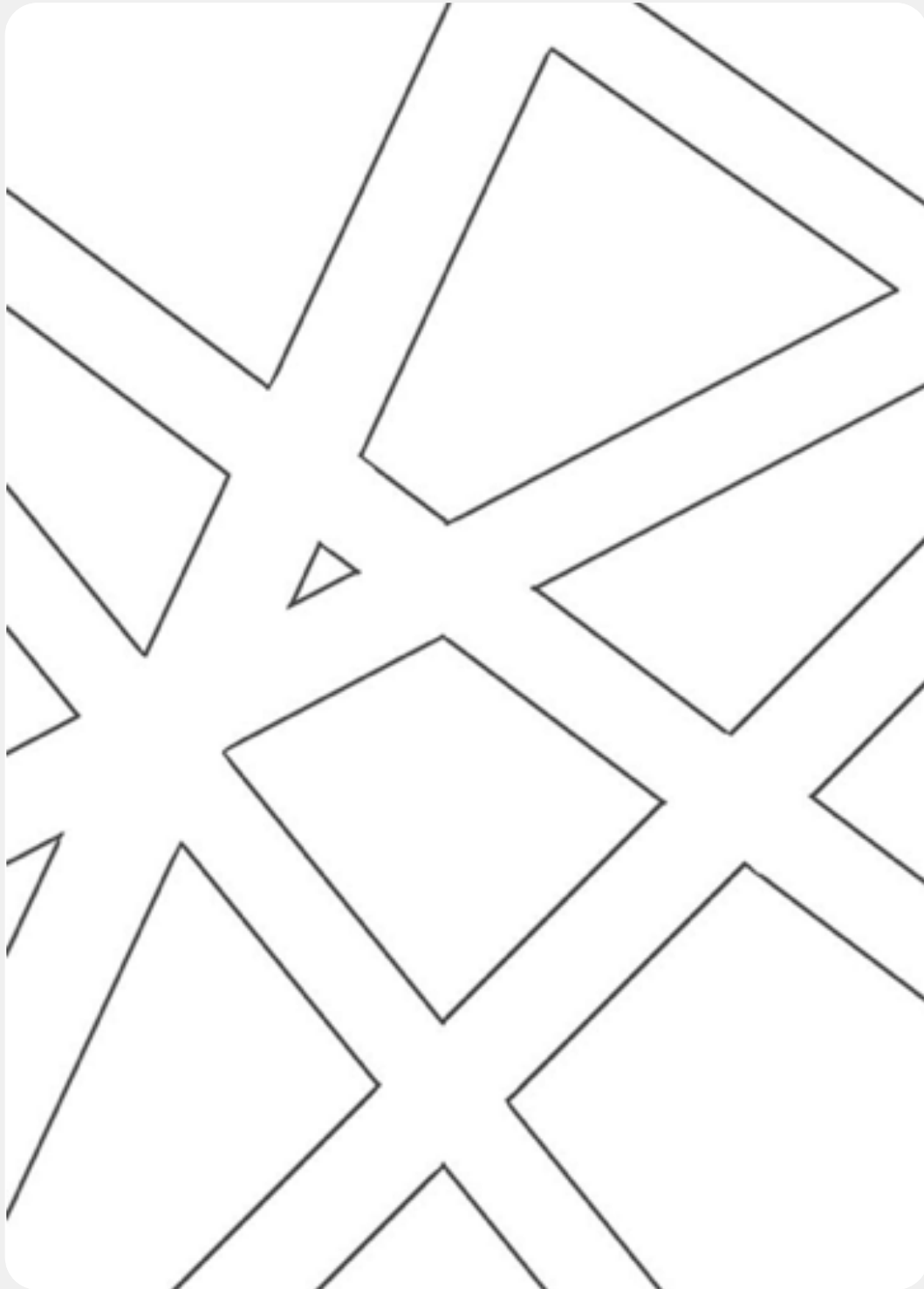
TAPE



PAINT / WATER COLOURS



BLACK FELT TIP PEN



STEP 1

PUT TAPE IN RANDOM LINES ON A PAGE OR USE THE TEMPLATE ABOVE.



STEP 2

**PUT WATERCOLOURS OR COLOURED PEN IN THE SHAPES MADE THEN
PEAL OFF THE TAPE WHEN ITS DRY.**



STEP 3

TAKE A BLACK PEN AND DOODLE IN THE SHAPES WHATEVER YOU LIKE.

TOP TIP

YOU CAN WRITE POSTIVE NOTES IN THE WHITE LINES.

HERE ARE SOME SUGGESTIONS FROM
YOUNG COMMISSIONERS...

EVERYTHING WILL BE ALRIGHT

ANYTHING IS POSSIBLE

PEOPLE LOVE ME

I'M NOT ALONE

THIS IS ME

I CAN DO THIS

THERE IS NO RAINBOW WITHOUT A LITTLE RAIN

