



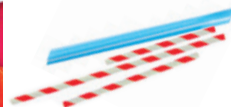
## → WHAT YOU'LL NEED



Watercolour paints



Dropper or pipette



Straws



Drawing pins



Plastic cups



Paper



Tray

# Breathe Easy

Create colourful works of art without a paintbrush!

## Follow these steps

1. Place the paper on a tray. This will make cleaning up easier, as paint will likely spill off the edge of the paper.



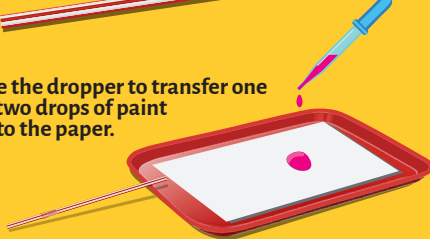
2. Pour the different paint colours into individual paint cups (or small containers).



3. Poke a hole halfway up the straw with a pin. This will prevent children from sucking paint into their mouths.



4. Use the dropper to transfer one or two drops of paint onto the paper.



5. Place the straw near the droplet. Blow through it to move the paint around.

6. Repeat steps 4 and 5 with more paint. Try blowing harder or softer, and from different directions. See what happens when different colours mix, or when you use straws of different lengths and widths.



7. Let the paint dry. Feel free to doodle or draw on your abstract design, to make it more interesting.



## Letting Off Steam

**HEY PARENTS!** Blow painting can help ease anxiety in children. It teaches them to regulate their breathing and offers control over the direction and splatter of paint. They can make as many designs as needed to calm down, and get a different result each time.



## Snap & Show

Your child's masterpiece could be featured in the next issue of *Beanstalk*! Submit a picture of your child's blow painting artwork online at [go.gov.sg/beanstalk-craft-submission](http://go.gov.sg/beanstalk-craft-submission) or scan this QR code.

