

Some times things scary or worrisome, but today you're the one who can make MONSTERS.

## Monster Directions

### Supplies:

- \* newspaper to put on painting area
- \* white paper, I used construction paper but paper with a slick surface is fun
- \* tiny plate or bowl, the kind you put soy sauce on during an Asian meal
- \* a straw, or wrap a piece of paper into a tight tube and tape.
- \* Tempera paint is best, but Acrylic paint can also work.
- \* water and a ½ teaspoon measure
- \* thin marker pen in a dark color
- \* googly eyes you buy OR draw tiny eyes on paper and cut out
- \* glue

1. Put a ½ t of water in the bottle of paint that you'll use first. Shake bottle well to thin the paint a bit.

2. Choose one color and drip a bit of paint in little plate or bowl



3. If needed, add a little more water and mix with one end of the straw/tube. Keep the other end clean to blow through.



4. Put a very small dot of paint on the paper.



5. Blow on the paint pointing the straw horizontally for better spread.



6. Clean the little plate/bowl, add a dot of different color, and repeat steps as often as you like. Let paper dry for several hours.



7. After drying, cover the paper with paper towel put a few heavy books on top for a few hours to flatten the paper out out.

8. After the paper is flat, remove books and paper towels. Look at the blobs turning the paper for different views to find the monsters. Then decorate. Glue on store bought googly eyes or draw and cut out paper eyes and glue them on. Next draw other features with a marker. Make each "monster" unique.

For ideas, check out the finished "monsters" on the large picture below.

9. Talk about monsters with your parents. Sometimes people have what seems like "monsters" in their life. A monster might look like .....? It will be different things for different people. For example: if you are worried about online school during the Pandemic, it might be a monster in your life.

Everyone has monsters in their life. Here is something to remember:



