

MOTHER'S DAY HANDPRINT VASE

HEALTHY HILLIARD
Mind, Body, & Soul

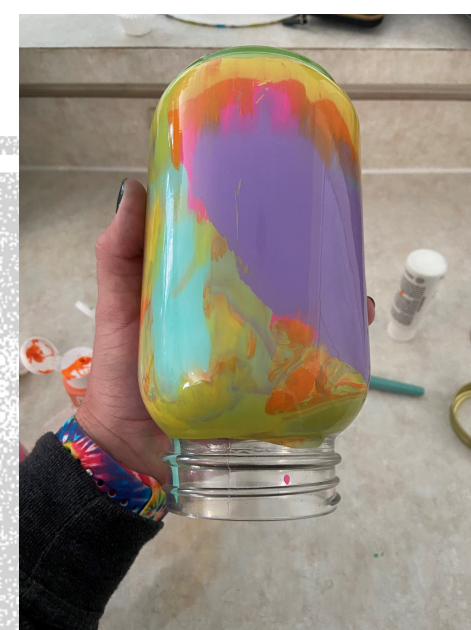


WHAT YOU WILL NEED:



- Mason Jar
- Acrylic Paint (lots of it!)
- Paintbrush
- Twine/Ribbon
- Your Kid's Hands
- Paper Towels
- Patience

- Start with your mason jar upright and remove the lid. Pour acrylic paint in one color at a time, making sure each color goes in the center of the one you just poured. You can use as many or as few as you like.
- Once you have enough paint inside the jar to coat the inside, flip it upside down and roll it from side to side to coat the insides. Depending on how much paint you used, you may want to do this over a sink, trashcan, or put the lid on before you start spinning. Kids love this part, but it can get messy.
- Once all the sides inside are coated, dump any excess paint out.
- Next, grab your kiddo and paint their hands with whatever color you'd like the print to be. This works better with a little bit thinner paint, so I like to mix the color with a little bit of water.
- Once they are coated, press their hands on the outside of the mason jar. Fortunately, if they don't work well the first time, it is easy to wipe off the paint while it is still wet and try again. (It took us about 4 times to get a good print with an excited 2 year old.)
- As an optional step, take a paint marker or a small paint brush and add their name, the year, "Happy Mother's Day," or whatever your heart desires.
- Replace the outer ring from the lid, but not the lid itself.
- Take ribbon or twine and tie a bow around the bottom of the metal ring.
- Let your vase dry overnight as the paint inside will take a while to dry. Once it is dry, you can use it for flowers, pencils and pens, or whatever your heart desires!



DIRECTIONS

