

SUPPLIES



Clear spray bottles



Food coloring



Water



White construction paper



Nature items

INSTRUCTIONS

1

Begin by mixing your spray bottles by adding about a cup of tap water to the bottle. Then, add drops of food coloring to the bottle and shake.

2

Either have a pile of nature items ready, or if you have time, have the kids go outside to collect what they want to use. Remind them not to pull flowers or leaves from trees.

3

Have kids arrange items on the paper however they would like.

4

Use the spray bottle to spray color all over the paper in an abstract manner. They can spray as much or as little as they want.

5

After spraying, allow your paper to dry and remove the items and admire the beautiful creation.

6

This can also be done with tempera paint on t-shirts.

