

Arc helps vulnerable adults and young people to manage their mental health by exploring what it means to live well and experience a creative journey to increased resilience, confidence and independence.



Festive Potato Printing

What you'll need



- Kitchen knife
- Pencil or marker pen
- Plate for paint
- Paint brush and tissue
- Potatoes
- Paint
- Paper
- Material (optional)
- Fabric Paint (optional)
- Cookie cutters (optional)

This festive printing activity is from participant Hayley. You can choose to make a framed picture for a keepsake or a gift, cut out your shapes as tree decorations or make Christmas cards or wrapping paper. Don't forget to share your creations with us using #KeepingUsTogether.

Top Tips / Take it Further

- ✿ Use fabric paints on a spare plain pillowcase to make a giant stocking to use again and again, it might become a treasured part of Christmas!
- ✿ Use fabric paints to print onto plain tote bags.

Inspiration

- ✿ <https://www.bbcgoodfood.com/howto/guide/how-make-potato-stamps>
- ✿ <https://kidscraftroom.com/potato-print-reindeer-christmas-cards>

