

## Finger-Painted T-Shirt

By *Tammy Vollenweider*

### What you need:

- T-shirt
- large piece of cardboard
- clothespins
- newspapers
- damp rag
- old towel
- acrylic or fabric paints
- paintbrush, if desired



### How to make it:

1. Before starting, wash and dry the T-shirt to remove the sizing. Then place a large piece of cardboard inside the shirt to keep the paint from seeping through to the back of the shirt. Use clothespins to hold the cardboard in place as you work.
2. Use a floor as your work surface. Cover it with layers of newspaper. Have a damp rag and an old towel handy to wipe your hands between colors.
3. Place the T-shirt on the newspapers.
4. To make the tulips and butterfly, put a glob of acrylic paint or fabric paint into your palm. Smear the paint over your foot or your hand (except your thumb) and press it against the shirt. Lift it straight off to prevent smudging. Then clean your hand or foot.
5. To make bees, ladybugs, and the body of the butterfly, use a small amount of paint on your thumb to make thumbprints. Draw smaller details, such as words, leaves, stems, and the bees' wings, with a fingertip, a paintbrush, or the writing tip on some fabric-paint tubes.
6. Wash your hands and feet with soap and water. Let the shirt dry completely, following the directions on the paint tubes.