

Silhouette Sponge Painting on Tote Bag Activity for Seniors

Memorylanetherapy.com

Materials Needed:

1. Canvas tote bag (plain or light-colored)
2. Silhouette templates or stencils (various options provided)
3. Cardstock or thick paper for making the silhouette shapes
4. Scissors
5. Sponges or sponge brushes
6. Acrylic paints (assorted colors)
7. Palette or disposable plate for paint dipping
8. Paper towels or rags for cleanup

Step-by-Step Guide:

1. Choose Your Silhouette:

Select a shape or let your imagination run wild and create your own silhouette on cardstock. Cut out the shape carefully.



2. Prepare the Tote Bag:

Lay the canvas tote bag flat on a smooth surface. Position your cut-out silhouette onto the front of the bag, securing it with tape if needed. Ensure it's placed exactly as you want the final artwork to appear.



3. Ready, Set, Paint!

Pour small amounts of acrylic paint onto a palette or disposable plate. Dip the sponge into the paint and gently press it onto the tote bag around the edges of the silhouette. Experiment with colors and blending for a visually striking effect. Continue stamping the sponge until you've covered the entire edge of the silhouette with paint. Feel free to overlap colors or create gradients to add depth to your artwork. Let your creativity flow!



4. Let It Dry and Reveal Your Artwork:

Once you're satisfied with your design, set the tote bag aside to dry completely. This will ensure the paint sets properly and prevents smudging. Once the paint is dry, carefully remove the silhouette template to unveil your beautiful artwork. Admire the perfect



For more fun Activities for Seniors visit
Memorylanetherapy.com