

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.



Tissue Paper Suncatchers

What you'll need



- Scissors
- Glue stick, PVA, or Sellotape
- A4 coloured sugar paper or card
- Coloured tissue paper
- A pencil
- Optional: a stencil

This fun activity is perfect for the spring and summer months – you can easily create some colourful suncatchers that look brilliant on your window at home! It's fun, easy to create, and doesn't need loads of materials. All you need to do is create a shape from sugar paper for the frame and cut and stick scraps of tissue paper in the gaps. See Page 2 for full instructions.

Top Tips / Take it Further

- ✿ Use your pencil to mark a B so you know which side of the shape is the back!
- ✿ Experiment with different border colours by using card/ sugar paper in colours other than black!
- ✿ Try to use PVA glue or Sellotape; a glue stick may tear the tissue paper.
- ✿ To experiment with different materials (and an excuse for a treat), try Quality Streets wrappers instead of tissue paper!

Inspiration

- ✿ The Crafty Mom – Suncatcher Tissue Paper Craft Stained Glass - www.youtube.com/watch?v=niNMTIEKQck
- ✿ There are many stencil ideas on Pinterest: www.pinterest.ie/pin/573997915000244162

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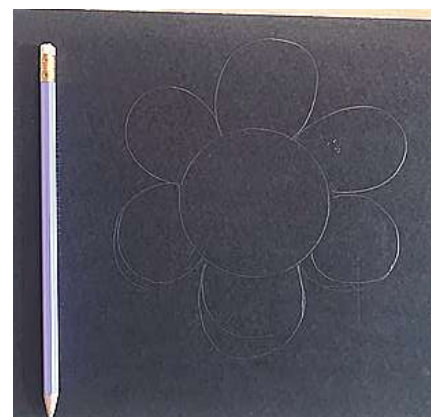


Tissue Paper Suncatchers

Step-by-step



First, decide on the shape you want your suncatcher to be. What shapes do you like? What would be easy to cut out? If you have a stencil, this could help you. You could pick a circle or kite, or even a heart, butterfly, or flower!



Once you've decided on the shape you want your suncatcher to be, draw the shape onto your black sugar paper with a pencil and, if you're using one, your stencil. If you're happy with the shape, use the scissors to carefully cut it out.



This part is tricky, so be extra careful! You'll want to cut within the black shape you just made, taking care to leave an outline of the shape whilst creating some gaps. These gaps are where your tissue paper will go.

You can poke a hole using your pencil to mark where you're going to cut, and then use the scissors to cut around the inside of the shape. If you're doing a symmetrical shape, like a heart or butterfly, you could fold your paper in half and cut along the fold.



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Step-by-step



Once you've cut out the spaces in your shape, you can begin to cut some scraps of tissue paper. Maybe you want to have a colour palette – with just hot or cold colours – or maybe you want to use all the colours of the rainbow! Be as colourful as possible!

Make sure the strips are long enough so that either edge can be glued or taped to the black paper.

Once your scraps are cut out, begin to stick them onto the back of the shape. Take a strip of tissue paper and add a strip of glue on either end of the strip. Then, flip this strip over to connect the glued edge to the black paper. Continue to do this until all the blank spaces are filled in!



Front



Back

Now you can hang your creation up or place on your window and catch your sunlight!



Make a heart:



Some more ideas



Tip: you can make these suncatchers with sticky-backed plastic if you have any at home!

