

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>

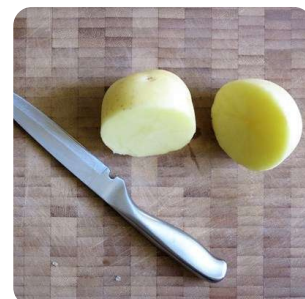


Festive Potato Printing

Step-by-step



Cut the potato in half with a knife and dab dry with kitchen roll.



Draw with a pencil or marker the design of your choice to make the stamp



Cut around the shape, leaving the design raised on the surface of the potato



Dab the stamp in the paint or brush the paint on the stamp. Make sure your stamp is fully covered



Press the potato stamp onto the paper and repeat the step above and this one. Go wild with your printing!

Experiment with overlapping shapes and also try different colours.



This idea works well all year round with non-festive shapes

