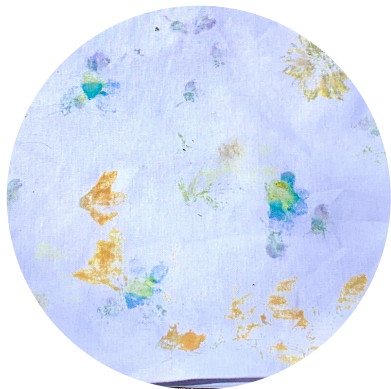


Eco-Printing

Eco-printing is a great way to use nature to create art! Here's what you'll need to create your wearable art:

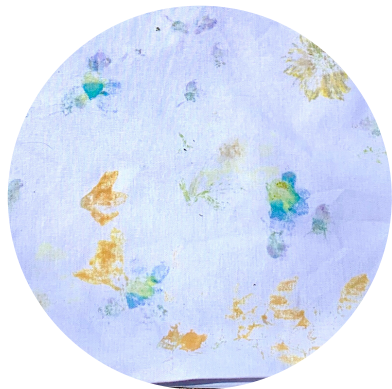


- A white cotton t-shirt or other cotton item
- A piece of cardboard
- A hammer, mallet, or can of food
- Plastic wrap

1. **Collect different colors in nature.** This can be flowers, leaves, vegetable scraps, etc.
2. Place **half of your cotton item on top of the cardboard.** This will create a mirrored effect

To see the Youtube video, visit <https://youtu.be/iQjILVw33rU>

Eco-Printing



3. **Place your flowers, plants, or veggie scraps on the top of the cotton piece**, in whatever arrangement you like best.
4. **Fold the remaining 1/2 of the cotton item over the top** of your nature items.
5. **Cover the cotton item with plastic wrap.**
6. **Gently hammer the plastic** using a hammer, mallet, or can of food. Or hammer with different pressures.
7. **Peel back the folded cotton to see if you like the colors.** Continue hammering until finished.
8. **Let the piece dry**, then have an adult **iron or steam it to set the colors.**
9. **Wash your cotton item**, and then **show it off to friends!**

To see the Youtube video, visit <https://youtu.be/iQjILVw33rU>