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
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!

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