



sports & recreation for all (dis)abilities










ART INSTRUCTION



SALT WATER PAINTING

SUPPLIES






-  Bowl with water
-  Paintbrush
-  Water colors
-  Cardstock paper (any color)
-  Pencil
-  Elmer's glue
-  Salt

DIRECTIONS

1. Draw whatever you want!
2. Trace it with glue
3. Pour salt on the glue - make sure to use a lot!
4. Move your paper around to make sure you cover everything
5. Pour off the excess salt and let it dry completely
6. Time to paint! Use your water colors
7. Make sure to dab your brush, don't push too hard

RAIN STICK

SUPPLIES






-  Heavy cardboard mailing tube
-  Hammer
-  Nails
-  Something to fill the rain stick
-  Colored duct tape

DIRECTIONS

1. Hammer nails into the tube (make sure an adult is around to help!)
2. Fill the tube with your rocks, beans, whatever!
3. Only fill your tube about half way
4. Cover the tube with duct tape

WIND CHIME

SUPPLIES

-  Embroidery hoop
-  Yarn
-  Bolts and washers
-  Bells
-  Scissors

DIRECTIONS

1. Cut up some yarn in different lengths
2. Tie yarn all around the hoop
3. Add noise makers on each string
4. Tie 4 strings on the top of the hoop, then tie them together at the top and it's ready to hang!

STAY STRONG

Thank you, Judy and family for the instructions!

THANK YOU

Thank you, YMSL for providing supplies!