

# Mind Heart Poster

This project is inspired by Mental Health Awareness Month. Create a poster with a personal message of self care and use the plastic bag of the kit to explore print-making techniques.

**AGE:** Teens

**TIMEFRAME:** 30-45 Minutes

**SUPPLIES NEEDED:**

- Cardstock Canvas
- Plastic Bag
- Markers

**VALUES:**

- Respect yourself + each other
- Respect your space + materials
- Respect your art + express yourself



Watch the video tutorial at <https://youtu.be/V9ULYDAwS1s>

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## Prep + Reflect:

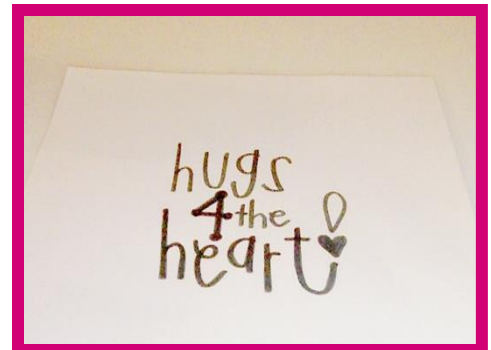
Prep all your materials and art space. Supplies are listed above. What is a message that you would like to create for yourself that would serve as a reminder for self care? What do you do to take care of yourself? What makes you feel better? Create your own personal message or motto based on this reflection.



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## Write Your Personal Message:

Once you have your personal message or motto, it's time to write it down on your poster! Use markers to write your message on the cardstock canvas. You can explore with different styles of writing, colors, sizes and designs or drawings!



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### Make Prints with Plastic Bag:

Using your markers, draw on the plastic bag that contained your kit. Apply pressure to your strokes as needed. Once you have created your design, lay your plastic bag print onto your cardstock canvas, marker side down. Position it in a desired location over your canvas. Then use your hand to apply pressure as you press the marker prints onto the canvas. Gently lift your plastic bag to reveal your pattern.

Repeat this process as many times as needed by re-layering the markers and re-pressing the image. Add more patterns or designs by wiping off the previous art!



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After you have finished your print-making process, add any desired details or accents! Then display your finished art piece and share it with others!



### HOW WAS IT?

Thank you for taking part in this activity! Do you have any suggestions or questions you'd like to share with us at the Museum? Email [education@thinkplaycreate.org](mailto:education@thinkplaycreate.org).

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