

# ArtStartChallenge

## WELCOME!

ArtStart will take you on a high-paced creative adventure where you'll experience five art activities that encourage imagination, curiosity, and self-expression to thrive.

If you could use simple and engaging kid-tested preschool art projects that encourage active exploration, you're in the right place!

The materials for our art “meal plan” are intentionally simple because I don't want you to hold back for lack of supplies. Feel free to replace items with things you already have handy. Experimentation and improvisation are most welcome. That's how I like to roll, and I would encourage you to do the same!

Take a few minutes to gather your supplies, get yourself organized, and set a reminder to check back in for the daily emails.

Don't forget our Facebook group for support and a peek at how others are interpreting the prompts. When I first went through the challenge, one of my favorite experiences was seeing how families on the other side of the globe played with the same materials as us. So fun and eye-opening!



Rachelle

# ArtStartChallenge SUPPLIES

## ART SUPPLIES

- Paper + Textured materials such as: wrapping paper, fabric, tissue paper, cotton balls, foil, doilies
- White glue
- Sturdy child-size paintbrush
- Heavy Paper or Cardboard
- Absorbent paper such as paper towels or coffee filters
- Liquid watercolor paint or food coloring
- Chalk or chalk pastels
- Dark construction paper
- Tempera or poster paint
- Roller brush or brayer
- Watercolor paper or cardstock
- Newspaper or roll of paper

## HOUSEHOLD SUPPLIES

- Small bowl or cup to hold glue
- Large cookie tray
- Small cup or bowl for water
- Marbles or small balls
- Spoons
- Cups or bowls for paint
- Cotton buds (Q-tips®)

