



PAL at Home

Preschool Art Lab activities for families to make together

ARTS PLUS

“Hidden Message Painting”

This activity is appropriate for ages 3 and up

Time from start to finish = 15-45 minutes

You will need the following materials:

- White crayon/ white oil pastel
- White watercolor paper (or any thick paper)
- Watercolor
- Paintbrushes

Brief project description:

In this painting activity you and your child will learn a new watercolor technique that uses white crayons or oil pastels as a watercolor resist.



Steps

- **#1:** Draw something for your child on a sheet of your thick white paper using your white crayon or white oil pastel. Make sure you press firmly as you draw. As you are working with white crayon on white paper, this drawing will be all but “invisible”. You can check your drawing by tilting your paper in the light to so that the shiny wax or oil pastel reveals your marks more clearly.

- **#2:** Once your design is complete, prepare your watercolor paints. If you are working with dry watercolor “pans” add water to them and scrub the surface a bit; this will activate the paint. Make sure your watercolor is fluid but also vibrant and fully saturated with color. Set up your painting station and let your child paint the entire piece of paper, covering the entire sheet and going over every part of the drawing in white crayon.
- **#3:** Watch as the watercolor saturates the paper and reveals your design. This works because oil and wax don’t mix with water, they act as a resist to water-based paint!
- **#4:** Once your child has covered the entire sheet with watercolor, set it aside to dry. Let your child have a go at drawing their own design and repeat the entire process. If your child is learning to spell their name, try writing their name out in bold letters. Then paint over each letter, one at a time, and practice saying each letter as it is revealed.



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