



## Breath Painting Face Templates

I've done this craft with all ages of kiddos at my studio (from 4 years old all the way up through high school) and they've all loved doing it and seeing how their paintings turn out (filling their bodies with fresh oxygen's just a really sneaky bonus).

I've tried this craft several different ways, but here's the best way I've found to do it:

Cover the table with newspaper (it's really not a super messy craft, but it's good to be prepared, yeah?). Have the kids choose one of the face templates you've printed out (or even have them draw one of their own if they'd rather ... but make sure they use permanent marker so it won't smudge when wet).

Give them some watered-down paint (I've used all different kinds ... just play around with the mixture: if it's really runny with quite a bit of water, then the "hair" will turn out thin and stringy ... and if it's thicker with more paint than water, then the "hair" will turn out more full like the picture above) and an eye dropper. Have the kids suck up some paint with their eye droppers, and then sprinkle it across their pages. (Tip: you'll need to do a lesson on how to use eye droppers first because - I promise you - they won't know how. If the little ones can't get the hang of it, just have them tell you where to squirt the paint drops and you can do it for them).

Then, give them a straw and have them use their yoga breaths to blow the paint on their papers to give their faces some crazy hair (they'll experiment with how hard or soft to blow in order to get the look they want).

\*If you don't have eye droppers, you can also just have them use a paint brush to drip the paint across their page instead.









