

# PAPER MARBLING

1. Drop Marbling Ink direct from the bottle one drop at a time into a basin half filled with water.
2. Create your pattern by combing the surface of the water with a straw or other utensil, or by blowing on the surface.
3. Once you are happy with the pattern gently lay the paper on the surface of the water.
4. Remove from water and leave to dry on an old newspaper, plastic sheet or kitchen roll.

# MAKE YOUR OWN PLAY-DOUGH

8 TBSP PLAIN FLOUR  
2 TBSP TABLE SALT  
60 ML WARM WATER  
FOOD COLOURING  
1 TBSP VEGETABLE OIL

WE PRE-MADE  
SOME DOUGH FOR  
YOU BUT YOU CAN  
MAKE MORE WITH  
THESE SIMPLE  
INGREDIENTS

1. MIX THE FLOUR AND SALT IN A LARGE BOWL. IN A SEPARATE BOWL MIX TOGETHER THE WATER, A FEW DROPS OF FOOD COLOURING AND THE OIL.

2. POUR THE COLOURED WATER INTO THE FLOUR MIX AND BRING TOGETHER WITH A SPOON.

3. DUST A WORK SURFACE WITH A LITTLE FLOUR AND PLOP DOWN THE DOUGH. KNEAD TOGETHER UNTIL ITS SMOOTH. IF YOU WANT A MORE INTENSE COLOUR YOU CAN KNEAD IN A FEW EXTRA DROPS OF FOOD COLOURING.

4. STORE IN A PLASTIC SANDWICH BAG (SQUEEZE OUT THE AIR) IN THE FRIDGE TO KEEP IT FRESH.

## PRIMARY COLOURS

MIX COLOURS  
TOGETHER TO  
MAKE NEW  
ONES!

YOU CAN  
MAKE  
MODELS AND  
SHAPES OR  
JUST SQUISH  
THE DOUGH  
ABOUT, ITS  
RELAXING  
AND FUN

## SECONDARY COLOURS

# Tie-dye

## You will need:

\*Fabric dye

\*Sponge

\*Floor covering e.g. Old towels, sheets bin bags, plastic from packaging

\*String or elastic bands or cable ties

\*Some rubber or disposable gloves

\*Something to dye – t-shirt, shirt, some light-coloured fabric sweatshirt, hoodie, zipper, joggers, tote bag (this can be an old piece of clothing or cotton)

\*Stick of some kind from the home or outside roughly as long or longer than your fabric item

\*A sink or bowl of water

\*Cling film or a plastic recycled shopping bag

## Good to have but not essential:

A facemask

Cleaning wipes or tissue for cleaning

Some of the things you can use from home to tie up your project



# Tie-dye

Once you have collected what you need it is a good idea to prepare your workspace and clear anything precious out of the way  
Cover your working area.

## IMPORTANT!

You have 2 colours of dye, 1 full bottle can do:  
2 or 3 smaller material items  
2 medium items (t-shirts or shirts)  
1 large project like a sheet, flag, large hoodie or table cloth

## TIP!

Each dye lasts 45 mins once the water is added to the fill line (on the side of the bottle)  
It may be an idea to have a few things ready to go at the same time as the dye only lasts for so long once mixed, you can just use one colour at a time.

## TIP!

You can also mix 2 colours together to make a 3rd colour by taking a bit of ready mixed dye and adding to an empty bottle from your 2 colours - find or recycle a shower gel bottle for this but do it over the sink and remember the liquid comes out quickly without squeezing the bottle!

# Tie-dye

**1**

On the front of fabric item find where you would like your dye pattern to cover and place the tip of your stick in the centre.



**2**

Then turn the stick and fabric upside down, holding the stick in the spot you picked out (this looks a bit like a tent or umbrella)



**3**

Using some scissors and string cut some pieces of string long enough to wind around your t-shirt.



**4**

Take the string and start to wind tightly around the areas you would like to take less of the new dye colour (the tighter the string bind and more wrinkled or bunched up the fabric is, the less the dye can get into these bits)



# Tie-dye

**5**

Take your project to a sink, bath or basin or outside somewhere safe. Using the sponge, tap or paint brush and water, start to soak in parts where you would like the dye to spread and cover all the way around.



**6**

Once you have all that you need handy and your fabric projects ready is a good time to add the water to your dye to the fill line and shake making sure the lid/top is in place with your thumb to mix. Then touching the fabric with the bottle start to pour your dye on, turning so that it goes everywhere you want the colour to be.



**7**

When you are finished wrap up each dyed project in cling film or bin bag or re-use a few shopping bags. Put your projects somewhere safe/ protected from drips or splashing for 6 – 8 hours to set the dye.



**8**

Once the time is up you can give the fabric a rinse, untie the string/ elastic bands or cable ties and put your projects in to a large wash without other washing inside!



We'd love to see how your projects turn out! **#BOREDOMBOX**

# Take a colour



# walk

*let colour be your guide*

pick a colour and follow it



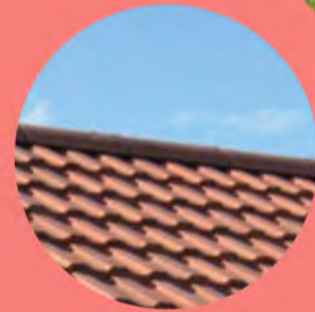
you can do this inside or outside

on your own or with friends and family



let a colour take you on a different path

Pay attention to tiny details



follow your colour for:

10 minutes, where do you end up?

20 minutes, what did you find?



DIY

Kaleidoscope




Things you will need:


**Tape**  
**Scissors**  
**Glue Stick**  
**Mirror Card**  
**Pencil or Pen**  
**Toilet Roll Tubes**  
**Ruler or Straight Edge**  
**Kaleidoscope Templates**




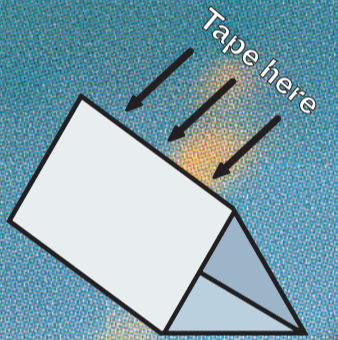
# DIY


# Kaleidoscope

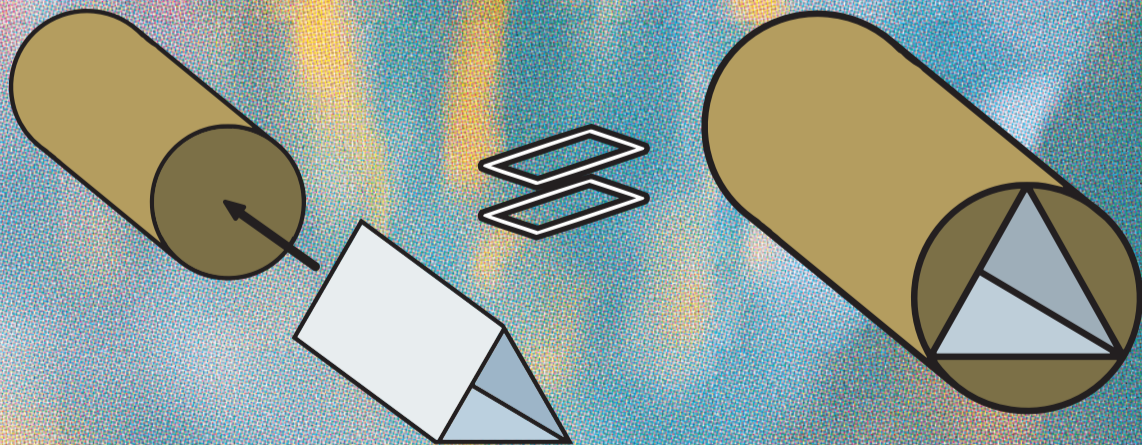
 Take your sheet of Kaleidoscope Templates and cut out the one you'd like to use, following the 'Cut Line'

 Glue this to the back (white side) of the mirror card and cut around it, this will become your Kaleidoscope

 Using a ruler or straight edge, take a pencil or pen and score along the dotted 'Fold Lines' Then fold it into the correct shape and tape it together with the mirror side on the inside



 Push this inside your toilet roll tube and secure with tape if needed, if it doesn't fit you can use two tubes to make a bigger tube and tape it back together



# IDEA

Try looking at your marbled paper through your kaleidoscope!

# IDEA

Take your kaleidoscope outside and get lost in nature!

**Thank you so much for  
taking part in the February  
Boredom Box**

**We hope you would like to  
receive the March Boredom  
Box too**

**send us back the postcard  
to tell us what you liked and  
didn't like**

**We would love to hear from  
you**

**peacock** est. 1974  
*a workshop for art*