

## Shoe Painting

### check list:

1. old running shoe
2. paint
3. paintbrush
4. drop cloth
5. plastic bag
6. masking tape
7. acrylic craft paints in squeeze bottles
8. straw
9. plastic fork

1



You'll be painting on the bottom of your shoe, so protect the top part by covering it with a plastic bag. Wrap masking tape around the edge to make sure the paint doesn't get on the shoe.

2

Put down a drop cloth because this will get messy.

3



Use a paintbrush to paint any colour you like onto the bottom of the shoe.

4

Set aside to dry.

5



When the paint is completely dry, you can add designs by drizzling more paint onto your rubber canvas. Acrylic paint squeeze bottles work well for this.

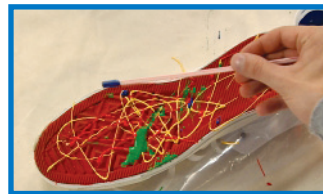


6



You can also dip a plastic fork into some paint and flick the paint on, or...

7



Drip paint on using the tip of the straw!

8

Be as creative as you want! You can splatter, make patterns, or even paint portraits. It's all about letting go and having fun.

9



When you're finished all your painting, set the shoe aside to dry.

**You won't want to wear these shoes, but they'll look very cool hanging on your wall.**

**SHOE ART!! Now, that's Artzooka!**