

Nature on your Doorstep

Painting Stones and Rocks Challenge



Whilst on your walk, keep your eyes open for some smooth rocks. By a river or stream or on the beach would be the best place to find them. Create your own designs at home using paint!

You will need:

Rocks, paint, paintbrushes.



- 1. Wash and dry the stones.
- 2. Pencil your design onto the stone.

3. Start painting. Allow everything to dry thoroughly before adding additional layers.





Tips:

If you want clear, bold colours you can use a primer on the stones first. It makes the paint stick really well and you won't need as many layers of paint to achieve strong colours. But if you like a more natural look, don't prime – your art is your way!

If you make a mistake let it dry, then prime over it and start again.

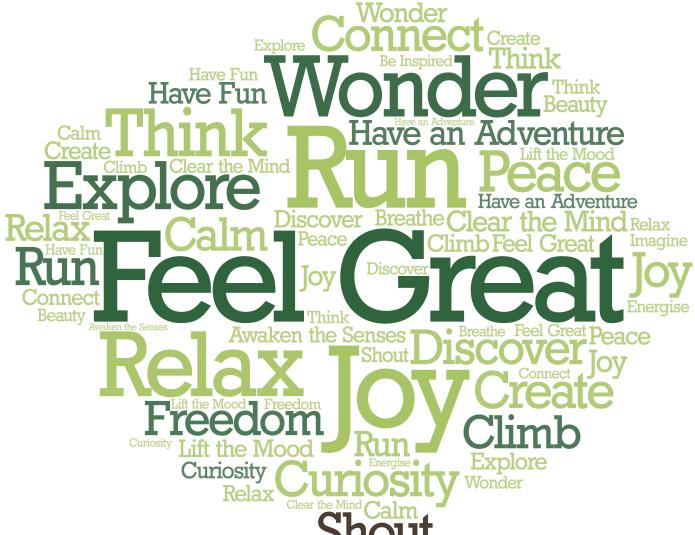
Use a hairdryer to speed up drying. When finished
painting you can
protect your stone
with a varnish or clear
nail varnish.







Get Outdoors!



Shout
Energise
Breathe
Run Freedom
Be Inspired
Imagine
Imagine
Explore
Beauty
Awaken the Senses
Shout

COVID-19: It is important to stay up to date as social distancing guidelines may change over time. The most up to date advice, information and resources can be found on: www.hse.ie and www.health.gov.ie

Nature on Your Doorstep challenge sheet brought to you by Carlow Sports Partnership in collaboration with Wildtime











