



ART BRIDGES: Lesson Plans for Enrichment, Growth and Healing

Kitchen Art Ideas

**Lessons Inspired by the Teachings of
Jean Martin**

**With a Link to a Copyrighted [Dick Blick](#) Lesson Plan
Egg-Stra Easy Egg Crunch**

Objectives:

The participants will “think outside the box” to:

1. Search for materials found in the kitchen than can be used in the art process
2. Create art using “unconventional” kitchen equipment, tools and materials

Audiences:

These activities can be enjoyed by all age groups. All that is required is a little imagination.

Blow Painting

This lesson comes from the files of artist and teacher Jean Martin.

Supplies/Materials:

- Drinking straws
- Construction paper (any color), 9x13” or other desired sizes
- Tempra Paint
- Matting to finish the art work
- Old shirts to cover clothing and drop clothes/newspaper to protect surfaces.

Class Instructions:

1. Put a small “dab” of paint on the piece of construction paper.
2. Take the straw and position it next to the “dab” of paint.
3. Gently blow through the straw and move the paint in the direction you want it to go.
4. Repeat this process with additional dabs of paint until you have the desired design.
5. Let your creation dry flat.
6. Matte your “Blow Painting” and hang it



Finger Painting with Chocolate Pudding

This activity also came from the files of Jean Martin. By adding enough water to a package of instant chocolate pudding to give it the consistency of finger paint, any budding artist has an interesting (and tasty!) new medium to create art. Use whatever you have on hand to work with the “paint” to create interesting designs. The texture of the pudding leaves a 3-dimensional effect when applied to paper. This is a great activity for any age.



Modeling Clay

Air-Hardening Clay

- 2 cups baking soda
- 1 cup cornstarch
- 1 ½ cups cold water

Place ingredients in a pan and stir until smooth. Set the pan over a medium heat and stir until boiling. Break up any lumps and cook until it is the consistency of mashed potatoes. Turn out onto a plate and cover with a damp, well-wrung kitchen towel—let the mixture cool. Dust a work surface with cornstarch and knead until pliable—then you are ready to create! You can add food coloring to the clay or leave it white and paint it after it dries.

No-Cook Playdough

- 2 cups all-purpose flour
- 1 cup salt
- 1 cup cold water
- 1 T vegetable oil (can use baby oil)

Drop all the ingredients into a plastic bag and seal. Knead the ingredients together inside the bag then tip it out for modeling fun.

Condensed Milk Paint

If you have a can of condensed milk and some food coloring in the pantry, you have the making of a great “paint” that doesn’t drip and dries with a shiny finish. Distribute the condensed milk into small containers—you can use muffin tins if you’re already in the kitchen! Add about five drops of food coloring (a different

color for each container). Add extra food coloring for more vibrant colors. Give each container of “paint” a good stir to mix the color and you’re ready to create!

Source: www.mamapapabubba.com/2013/01/08/shiny-condensed-milk-paint/

Painting “Tools” You Can Find in the Kitchen

Look through the drawers and cupboards in your kitchen to come up with some great tools to create art.

- Sponges can be cut into various shapes and sizes to help create art.
- Knives can be used to create straight lines and spread paint.
- Squeeze bottles are helpful in painting narrow lines and/or experimenting with different textures.
- Rags and paper towels are great for spreading paint and blending.
- A few drops of paint in a salad spinner can be a creative (but messy!) painting method.
- Cooked spaghetti with some paint added can be sensory and be used to create art.
- Rolling pins can be used to spread paint colors over paper or a canvas.
- Potato mashers and slotted spatulas can be used with paint to make prints.
- Plastic wrap can be used to create unique textures.
- Aluminum foil can be the basis for sculptures.
- Coffee filters can be used to make snowflakes, flowers, and a multitude of other crafts.

Fresh Produce combined with paper and paint can also be used to create art prints:

- Apples and pears—cut lengthwise in half
- Bananas--cut in half
- Oranges and lemons--cut crosswise in half
- Corn—cut in half with a stick inserted in the end to make a handle
- Bell Peppers—sliced crosswise in half with the seeds removed
- Broccoli and cauliflower—separated into individual florets
- Mushrooms—sliced button or any round mushrooms lengthwise in half
- Potatoes and carrots—sliced into quarters, wedges or cut into specific shapes such as a flower or star

Egg-Straw Easy Watercolor “Crunch”

Traditionally, eggshell mosaics are made by first dying then positioning each shard individually into the desired pattern—a time-consuming and delicate process. This project introduces a new way to crush and color eggshells, creating intricate veining and texture all at once without pre-dying or arranging each fragment. The simple glue-and-paint process and satisfying “crunch!” of breaking eggshells will delight people of all ages and skill levels. This Dick Blick lesson is designed for Grade K to adult. PDF Link www.dickblick.com/lesosn-plans/egg-stra-easy-watercolor-crunch



Jean Martin was an award winning artist and teacher who was recognized for her outstanding dedication to and appreciation of the arts in her community. Conversations with Jean about her vision to bring art experiences to senior citizens were the inspiration for Hildegard’s “Art Bridges”. Hildegard is honored to have called Jean a friend and will always strive to live up to the high standards she set, following her example of making the arts accessible to all. She leaves very big shoes to fill!

*Special Thanks to **Dick Blick** for graciously allowing Hildegard Center to link to DB lesson plans in conjunction with its “Art Bridges” Project. Dick Blick’s commitment to the educational community extends far beyond providing high-quality products at low prices. DB offers art lesson plans created for all ages and skill levels. Every project also meets several National Standards for Visual Arts education. PDF downloads and videos of these original lessons are available free of charge. Visit*

www.dickblick.com to see the many ways DB support schools, communities and art education and make DB your one-stop shopping destination for art supplies.

If you have used this lesson plan, we'd love to hear from you! Please send questions or comments through our website www.hildegardcenter.org ..

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