



FLOWER POT PAINTING

We'll have to wait until Spring for the flowers to blossom. The good news is you can still sneak some sunshine in by giving your indoor plant pots a sun-themed makeover! The kids will love this fun and easy activity – you can even teach them why plants need sunlight.

YOU WILL NEED

- Orange and yellow acrylic paint
- 1 x small plant pot
- 1 x A4 sheet of thin card
- Scissors (or a craft knife, if you have one)
- A cutting mat
- 1 x thick paint brush
- 1 x paint brush for detail
- 1 x roll of masking tape

1

Take your card and draw a circle in the middle using a pencil and the bottom of your plant pot as a guide. It should be small enough to fit on your plant pot with space to paint your sun rays.



2

Draw equal triangles around the sun using a pencil and ruler. Leave a bit of space between your circle and each triangle.



3

Take your card and cutting mat and begin cutting a stencil. Cut the inside of each shape with a craft or stanley knife or scissors.



4

Lay down some newspaper to create a painting station and squirt your acrylic paint on to a painting tray or an old plate.



5

Take your stencil and tape it at the edges so it sits tight on your flower pot. You can also cut the card to size to help it fit better.



6

Now the fun starts! With the stencil in place, help your kids paint the centre of the sun with yellow paint and a thick brush.

7

Wash the thick brush in a cup of water and pat it dry. Help your kids dip it into the orange paint and then start on the sun's rays.

8

Get creative! Using the thin brush, paint patterns, shapes and any made-up designs on your pot before leaving it out to dry.

9

Final Results



Did you know Vitamin D is created in the body from sunlight on your skin and helps to support the normal function of your immune system?

Unfortunately we don't always get sunshine in the UK so at Arla Big Milk we fortify our fresh whole milk with vitamin D. Supporting you and your little ones no matter the weather!