

PATHS, PASTURES AND PARTIES

T SHIRT INSTRUCTIONS

You will need:

- a T-shirt (or pillowcase or library bag)
- an old cardboard box cut into panels
- Contact (adhesive plastic wrap)
- glue
- fabric paints
- scissors (or, if you feel your group are responsible enough to use scalpels to cut out the stencil this may give a better result.
- newspaper, paintbrushes, sponges, etc.
- fabric marker
- printed stencil



One possible layout. Be creative and come up with your own!

Instructions

1. Glue the printed stencil onto the paper side of a piece of Contact (it can be coloured or clear Contact). Wait for it to dry.
2. Cut out the white spaces on the inside of the sheep by following the inside edge of the black lines. This will mean that the lines that divide the head and ears from the body, and the eyes from the face will remain intact to form a stencil.
3. Place one cardboard panel inside the T-shirt to keep it flat while you work and to stop the paint from bleeding through to the back of the T-shirt.
4. Peel the paper backing from the Contact stencil and carefully stick it to the front of your T-shirt where you'd like the design to go. Place the balloons above one of the sheep. Make sure that there are no wrinkles.
5. Paint the sheep's head, legs and body with fabric paints. (You can use sponges, paintbrushes, or the end of a pencil to create interesting textures.)
6. Once the fabric paint is dry, peel the contact stencil off and follow the care instructions for the fabric paint.
7. Using the fabric marker, add in the sheep's eyes, the screamers for the party hat and the strings of the balloons. You can also write 'Psalm 23', or another fun 'sheepy' slogan, onto your T-shirt with a fabric marker if you want. You can now wear your T-shirt almost anywhere, remembering just how much God cares for you!