Get Ready to Play!

**FRIDAY 7-8PM**
**25 SEPTEMBRE 2020**

**Bugs Paper Mache**

*Art - Meditation - Creation*

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**Supplies**
- Paper tube i.e. the core of toilet paper
- Egg container
- Aluminum Foil
- Newspaper
- Magazine
- Masking tape
- Scissors

**Mix/Make Glue**
- Mod Podge (no mixing) **or**
- Flour mixed w/ hot tab water (adjust to get gel-like consistency) **or**
- School glue (use as is or add water if it is too thick)

**Papers**
1. Tear the newspaper horizontally into small strips. Don’t cut!
2. Cut the magazine into small strips. Choose any color schemes you like!

*Just a few pages of each would do.*

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**Gather**
yourself and supplies

**Reflect**
on your life at the moment, enjoy the process, feel the feelings, and get to know yourself and your materials.

**Appreciate**
yourself, your resilience, and your ability to create.