

MEMORIAL MURAL

with HOMEMADE CHALK-PAINT

Enjoy getting outside and creating a memorial mural with homemade chalk-paint!

People around the world create murals in honor of significant people who have died. Murals can be helpful when grieving as they provide an outlet for feelings and are communal, being shared and seen by others. The impermanence of sidewalk chalk art is also therapeutic.

Creating artwork that is not meant to last is often helpful in processing grief and loss.

This homemade chalk-paint is easy to make, vibrant, and fun to use! Enjoy trying painting rather than drawing with chalk!

YOU WILL NEED:

- Cornstarch
- Water
- Food coloring
- Bowls, cups, or a muffin pan works well
- Paintbrushes



DIRECTIONS:

1. Mix equal parts cornstarch and water. (1 cup cornstarch and 1 cup water is a good amount to start.)
2. Separate the mixture into bowls, cups, a muffin pan, or other containers. Divide mixture into as many parts as colors as you plan to make.
3. Add food coloring to make your colors.

IDEAS FOR MURALS:

- Invite family members and friends to add art to the mural.
- Draw something to symbolize a favorite event, trip, or pastime with the person who died.
- Draw something that was one of the special person's favorites.
- Write messages to the person who died.
- Draw something to show how you are feeling.

