



## DID YOU KNOW?

Bookmarks became popular in the 18th century when more people had access to books. They were made of silk or other fine fabrics.



# Make a painted paper bookmark

## What you need

- Kraft paper or newspaper
- Heavy paper, like cardstock or watercolor paper
- Masking tape
- Acrylic craft paint
- Paint scraper, a putty knife, or an old credit card
- Scissors
- Hole punch and ribbon (optional)

## Instructions

1. Cover a table with kraft paper, newspaper, or other materials to keep it from getting messy. Tape cardstock or watercolor paper to the kraft paper or newspaper to keep the paper steady while you paint on it.
2. Squeeze some small blobs or droplets of paint onto the cardstock or watercolor paper. You can use a few colors, if you wish, and squeeze the blobs in a few areas of the paper.
3. Hold the paint scraper at the top of the paper, with the edge of it resting on the paper. Push the scraper over

the blobs of paint to move the paint around on the paper. You can try pulling the scraper in straight or curvy lines, squiggles, circles, or an arc, like a rainbow. Experiment with how hard you press the scraper down when you pull. This will change how thick or thin the paint appears. For more or less blending of the colors, experiment with the spacing of the paint blobs.

4. After your first design dries, you can add more blobs of paint to the design. Continue scraping the paint around to layer the paint stripes and

shapes. For instance, you could make a plaid design by crisscrossing stripes over each other.

5. After your artwork is complete and dry, cut it into strips to make bookmarks for yourself as well as your friends and family.
6. If you'd like, you can punch a hole at the center top of each bookmark and add a ribbon. Cut a 9-inch piece of ribbon and fold it in half. Push the folded end through the hole. Feed the two cut ends through the resulting loop and pull them to tighten. Trim the ribbon ends at an angle.



## ECO TIP OF THE WEEK KEEP LEFTOVERS OUT OF LANDFILLS

The average person in the US throws away more than 200 pounds of uneaten food a year. This food waste is harmful to the environment because it contributes to landfills and wastes natural resources, such as water, that were used to produce the food. One way your family can reduce food waste is to eat leftovers before they spoil. You could designate one dinner a week as "leftover night," when you and your family make a meal from leftovers. Leftovers could also be packed to have for lunch. Try getting creative! For example, leftover chicken could be chopped up and added to a green salad or used in a quesadilla.

Turn leftovers into lunch.

