

Rainbow fish- Starch Resist Technique

Age: 7-11 Group size: 5-15

Duration: 10 mins and 10 mins



Preparation time: 40 mins

Resources Session 1

- Plain flour
 - Water
 - Squeezy bottles (small washing up liquid bottles)
 - White cotton fabric cut into A4 size squares or larger
- Resources Session 2
- Fabric dye or pens
 - paintbrushes



Preparation

Mix the flour and water together. There should be no lumps, add enough flour to make a mixture that is as thick as pva glue. Pour the liquid into the squeezy

bottles. Cut the fabric into squares.

Technique

The idea is to squeeze the liquid onto the cloth to make pictures or designs. The cloth is then left to dry flat. The paste will harden in about 24 hours.

Activity

Young children may like to draw or trace the design onto the fabric, older children could design on paper. When ready squeeze the paste onto the fabric. Leave to dry completely.



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When the paste is hard, it can be painted over with fabric dyes. The paste acts as a barrier so different colours can be painted on in sections. Once painted leave to dry for several hours. When the cloth is dry, dampen it under the tap. The paste will loosen and can be picked off.



Golden Time

