

## Make a Rock Doll (like Eva)

from the award-winning book *Elizabeth's Doll*

### MATERIALS:

- Newspaper
- Masking tape
- Tempera paints (white, black and brown)
- Mixing container
- Paint brush
- Paper plate or shallow container
- Sponge

### INSTRUCTIONS:

1. Wad newspaper to form a ball. Crunch it tight. Continue wrapping additional newspaper around the ball, smoothing the shape to form a rock—just the right size for holding in your arms. Use masking tape to secure the form.
2. Mix paint to create a rock color. First pour white paint into the mixing container, then add a *very small* amount of black. Use your paint brush to stir the colors together.
3. Cover a work surface with newspaper. Paint your rock. Rotate your rock to paint all around the surface. Leave to dry.
4. Add texture to your rock. Pour a *tiny* amount of brown paint onto the paper plate. Dip a sponge *lightly* into paint, then blot excess paint on the edge of the paper plate. Stamp texture on your rock.
5. Name your rock doll.



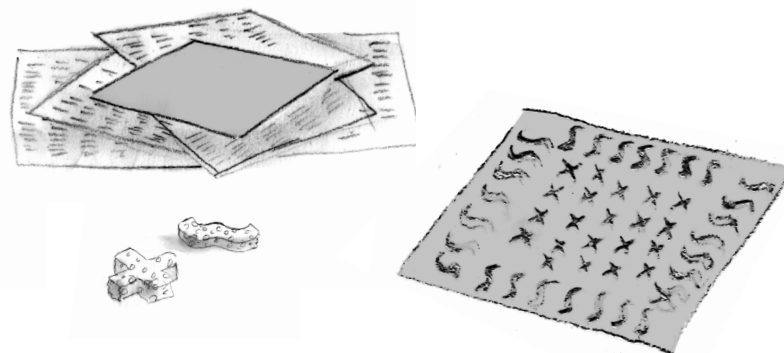
## Make a Kanga

### MATERIALS:

- 18-inch square of colored cotton fabric
- (2) sponges cut into simple decorative shapes
- (2) colors of textile or acrylic paint (won't wash out)
- (2) paper plates or shallow containers

### INSTRUCTIONS:

1. Cover a work surface with newspaper. Spread out the fabric square. Pour a *small* amount of paint on one paper plate. Pour a *small* amount of the second color on a different paper plate.
2. Use one sponge to create a border pattern. Dip the sponge into *one color only*. Dipping the sponge in both colors will make the colors muddy. Blot excess paint on the side of the paper plate. Stamp a pattern on the cloth. Repeat to fill border.
3. Use the other sponge and dip in the second color to design the center pattern of the kanga. Experiment alternating sponges and colors to make a pattern.
4. Leave to dry. Iron the reverse side of the cloth to heat set, or place the cloth in a dryer on the highest setting.
5. Wrap your rock doll in the new kanga.



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