

INK BLOT ART

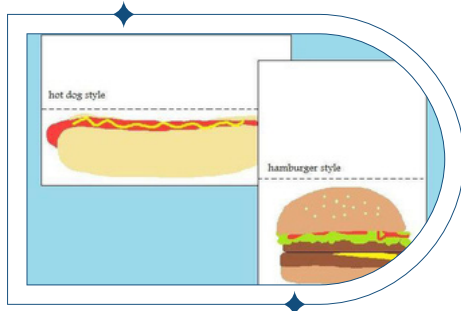
This is an easy, relaxing, and intriguing way to create beautiful images inspired by **Hermann Rorschach**. The Rorschach inkblot test was developed as a projective test to analyze personality. The object of this activity is to fill the page with a variety of colors & then let your mind analyze the ambiguous mirror images you have created!

MATERIALS NEEDED: CARDSTOCK PAPER, PAINTS, BRUSHES

This series of **#oakwoodartskit** will be inspired by the field of Psychology & Mental Health, created to bring awareness to psychological and mental health disorders affecting the lives of many in our community while also using art as a form of expression.

01 Take a piece of paper and fold it in half.

Fold it hamburger or hotdog! Whatever feels best to you.

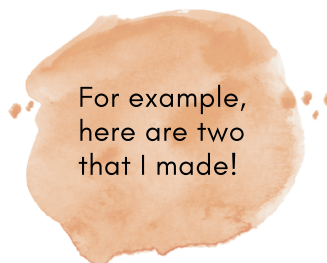
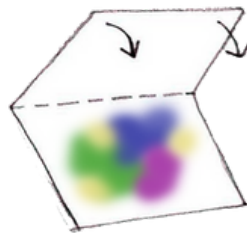


02 Select your favorite paint colors!

Lightly paint, dab, or pour your paint onto ONE side of the paper.

03 Gently fold your paper

shut along the crease you made before, and apply firm or light pressure over your paints. *(this will affect the outcome of your picture)*



For example, here are two that I made!



04 Gently unfold your paper

Gently peel the page apart (do not allow to dry while folded!). Now wait for your ink blot to dry.

05 ANALYZE

Look at your ink blot and write down all of the things that you "see" then turn your paper clockwise to see how the image changes and if your mind can create new images.

When looking at your image and asking "what do I see?" You are actually sharing information about yourself and how you project feelings & meanings into the real world.

Show us what you made! Post and tag your work on Instagram!

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#oakwoodartskit

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