You will need the following supplies included in the art kit or found at home.

- paper
- ball point pen
- paint
- newspaper/kraft paper
- styrofoam plate
- foam paintbrush
- music: available at this QR code

1. Lay out newspaper or kraft paper on your work surface for easy clean-up.

2. Listen closely to the music of a stomp dance. What sounds do you hear? Are the sounds smooth and flowing or short and choppy?

3. Use the pen to draw lines, shapes and patterns on the styrofoam to capture what you hear.

4. Carefully go over the lines of your design once you are finished to make them deep enough.

5. Use the foam paintbrush to apply a light layer of paint across your plate.

6. Flip your plate over and press it paint-side down onto your paper.

7. Rub the back of the plate firmly to transfer the paint onto the paper.

8. Peel the plate off your paper. Now you have a print!

TIP:

If the print is not as clear as you want, try using more or less paint, or wash off your plate and go over the lines again with the pen to make them deeper.