How to make:
Stamps using Fruits and Vegetables

Step 1. Gather your supplies.
- Okra
- Apple
- Potato
- Tomato
- Sponge
- Knife
- Permanent marker
- Paper
- Paint

Step 2. Have an adult cut your fruits and veggies in half.

Step 3. With a permanent maker, draw a fun shape on your potato. Have an adult cut the area around your shape so that the shape is raised.

Step 4. Have an adult pour about 3-4 Tablespoons of paint onto a clean sponge and place sponge on a paper plate.

Step 4. Start creating! Dip your stamps cut side down into the paint mixture. Have fun experimenting with color and patterns!

Did you know?
Your fruits and veggies serve another purpose. They make awesome stamps! We want to see your master piece. Post your finished work to Instagram or Facebook, and tag #koolsmiles. We cant wait to see!

Find more activity sheets at www.mykoolsmiles.com/forkids