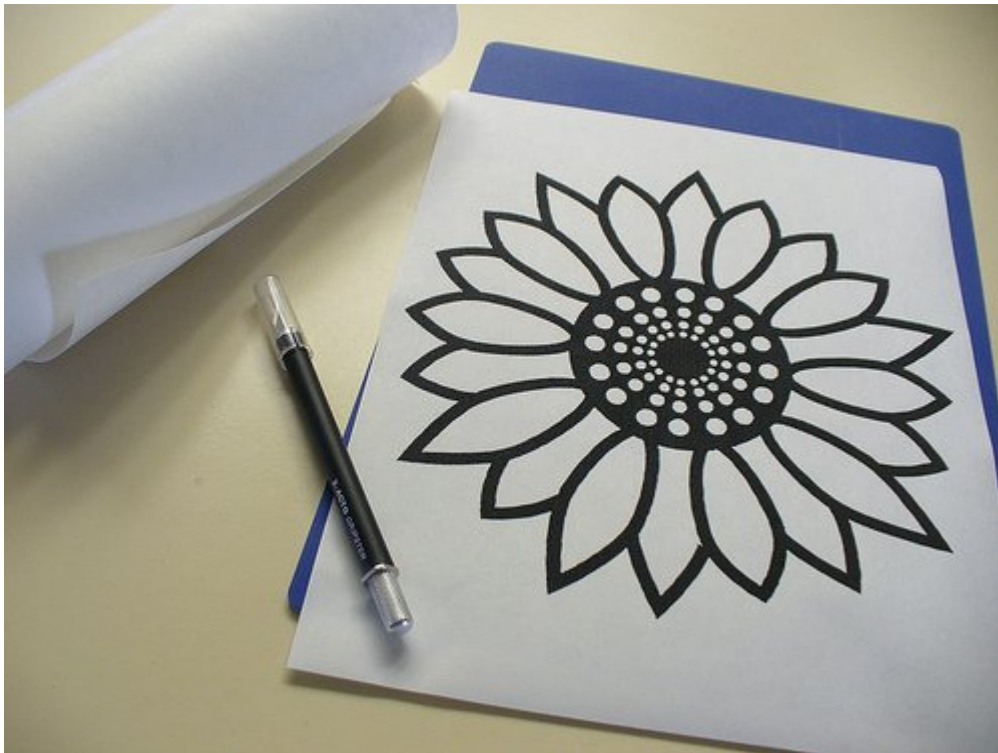


Freezer Paper Tutorial

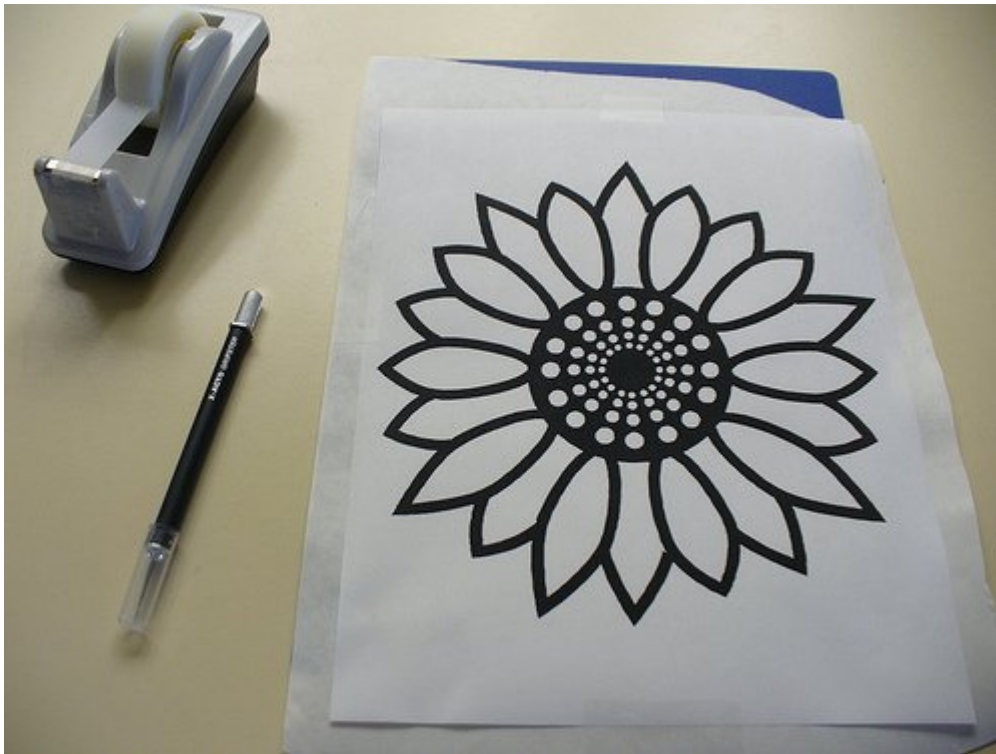
Here's a little tutorial to show how to use freezer paper to craft a stencil for fabric painting.

First, you'll need:

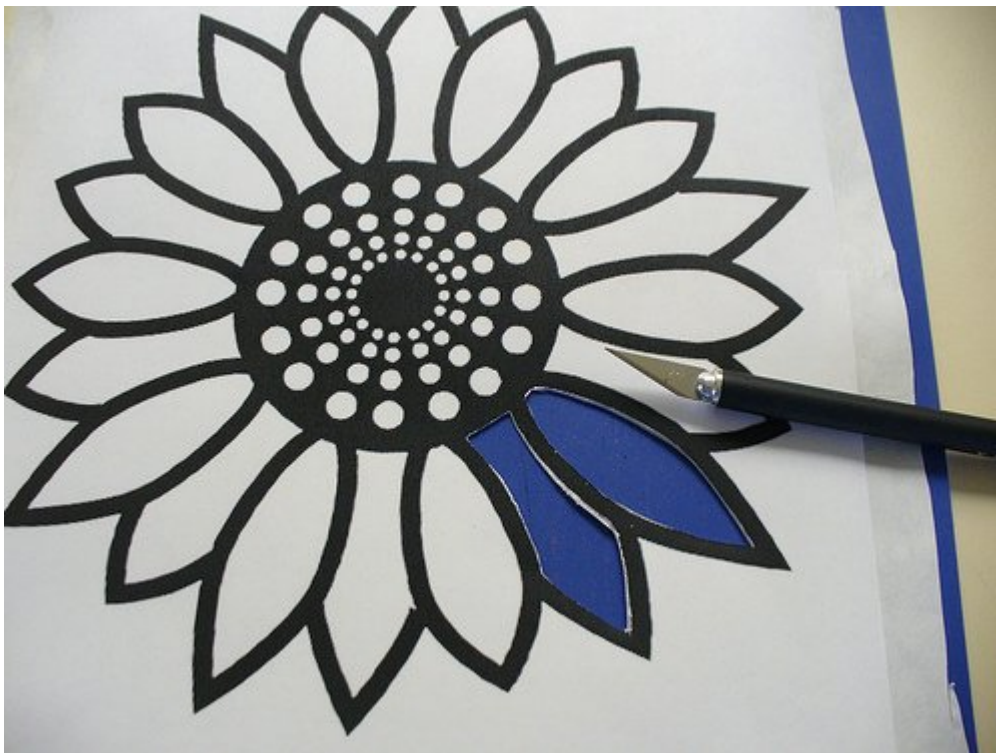
- ◆ An Exacto knife
- ◆ A cutting mat
- ◆ Tape
- ◆ Freezer paper
- ◆ An iron
- ◆ A picture for your template - free online coloring pages work well.
- ◆ Fabric paint - some say you can use acrylic paint but I haven't tried that and can't vouch for it.



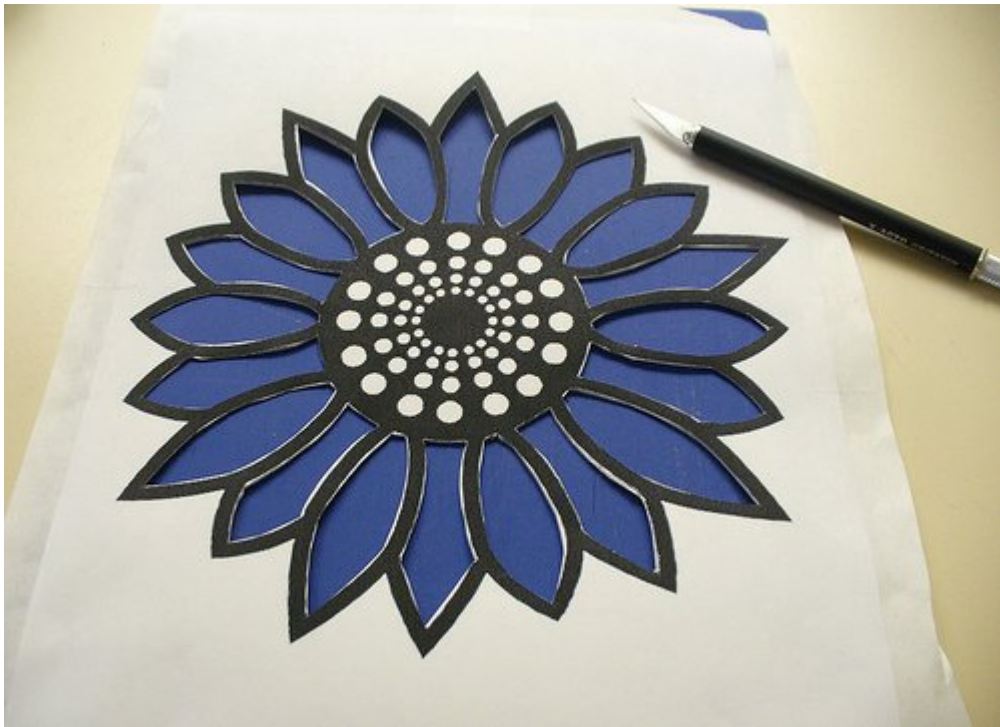
Second, tape your picture on top of the paper side of the freezer paper. You'll notice that the other side of the freezer paper is shiny and smooth. This shiny side will later adhere to your fabric.



Next, decide which parts of your picture you will want to paint. I decided to only paint the petals of this sunflower. Use the Exacto knife to carefully remove the part of the picture you will paint.



Continue cutting until finished. This is the tedious, time-consuming part. Be careful, though; it is easy to make a mistake here.



After you have completed the cutting, carefully remove the taped template. You can save it to use another time, if you'd like.



Next, iron your fabric. Lay the ironed fabric face up on your ironing board. Place your new freezer paper stencil on top of the fabric - shiny side down, paper side up. Use medium heat and no steam.

Your freezer paper stencil is now adhered onto your fabric. Now it's time to stencil paint.

I was having Mommy sorts of conversations with the kiddies while I painted and forgot to take a photo of this. Let's just pretend, okay?

When you are done painting, slowly peel the stencil from the fabric. Remember, the paint is wet and smudgeable. (This is the part where I held my breath.)



Voila! Now you have a pretty stencil painting on your fabric. Congratulations!



As soon as the paint dries, you will have an inexpensive piece of original, custom art.