



# CYANOTYPE ZEN DOODLING

By: Holly Pietrok

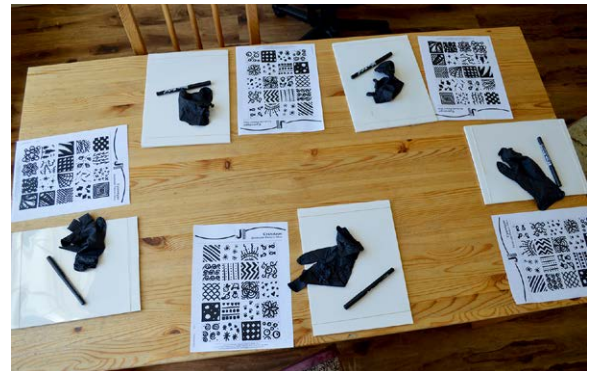


*Kids enjoy making artwork for family and friends. Sometimes, it's nice to create an enduring art piece beyond a colorful card or a picture on the fridge.*

*This Cyanotype Zendoodling project not only allows for creative expression, but it's fun and easy for ALL ages. With a short list of supplies (and the power of the sun), creating a long-lasting memorable gift has never been easier!*

# MATERIALS

- Jacquard Cyanotype Pretreated Fabric Sheets
- Jacquard SolarFast Film
- Jacquard Film Marker(s)
- Foam Core Sheet(s) cut to 9" x 12"
- Glove(s)
- Rubber bands
- Plastic trays of water (or sink access)
- Scissors
- Random objects, i.e.: rocks, leaves, Lego® blocks, confetti, paper clips, paper cutouts (hearts, clouds, stars, etc.), lace remnants, rubber bands, buttons, dried pasta, bobby pins, paper or fabric borders, string... anything that casts a shadow!
- 8" x 10" photo frame
- Household iron



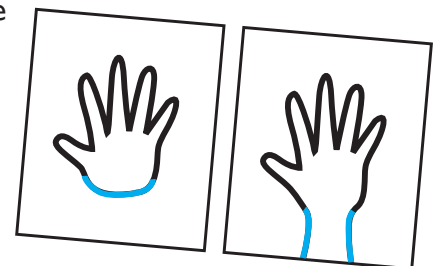
# PROJECT STEPS

**1** Place sheet of SolarFast Film (sticky side up) on top of 9" x 12" piece of foam core. Stretch rubber bands, about 1/2" down from top and bottom edges, to secure SolarFast Film to foam core base.



**2** Place glove on hand to be traced (optional but recommended, as Film Marker can be stubborn to scrub off). Place gloved hand on center of film with fingers spread far apart, and use Film Marker to trace outside edge of fingers and palm.

**NOTE:** To finish bottom edge of hand tracing, you can either connect the base of the palm with "U" shaped line or continue tracing down either side of wrist (off the edge of the film).



3 | Remove glove from traced hand and discard. Using Film Marker, “Zen Doodle” designs and patterns within the traced area of the hand. You can separate zendoodle pattern areas with a line, or you can create a drawing that incorporates the shape of the palm and fingers.

(See below for some fun design/pattern suggestions or come up with your own unique ideas!)





# 4

Once you've completed your Zendoodle, the next step is Cyanotype!

**NOTE:** Cyanotype Pretreated Fabric Sheets are UV-sensitive, so keep them in the package until right before you are ready to expose your prints to the sun.

- A. Take found objects outside to an area with full sun exposure.
- B. Remove bottom rubber band and quickly place a sheet of Cyanotype Fabric all the way under the film sheet. (Slide the Cyanotype Fabric under the top rubber band, too.)
- C. Re-secure the bottom edge with the rubber band to keep the film and fabric sheet in place.
- D. Moving quickly, arrange found objects around the Zendoodle drawing.

**NOTE:** Avoid casting a shadow over the project as you work!

- E. Once your found objects are in place, allow the project to expose in the direct sunlight (undisturbed) for 15-20 minutes. Print will be a dark bronze color when processing is complete.

**NOTE:** Keep objects from blowing away in a breeze by weighing them down with other objects (like small stones) or by using a piece of tape looped on the underside.



5 | Once the Cyanotype prints have finished exposing in the sun, quickly move the print indoors to process.

**NOTE:** Do NOT process the prints outside, otherwise the print will continue to expose. (That will result in a low contrast result.)

Remove found objects, rubber bands and film—set aside. In a plastic tray or in a stopped sink, gently rinse the prints in cool water for several minutes. Drain, then rinse the prints in cool running water until the water runs clear.

Allow the prints to air dry... one fun way to speed up this process is to run around outside!



6 | Once the print is dry, iron on low/medium temperature to smooth out any wrinkles, and use scissors to trim the fabric edges to fit within the 8" x 10" frame. Place fabric in frame and secure frame back. Gift wrap to complete your project!

**NOTE:** Cyanotype prints are archival. Launder in cold water using non-phosphate detergents, as yellowing may occur if the fabric is exposed to phosphates or alkaline environments. Use care while handling cyanotype fabric, as sweat and hand oils may also cause discoloration.



Holly Pietrok is a mother of two, a Graphic Designer and an amateur photographer. She loves all forms of art and enjoys craft projects. Holly manages the Graphics Department at Jacquard Products.