

# Flying Painting (Canvas Throwing)



**You might have seen this on TikTok! Now It's time to try it out for yourself!**

## Supplies

Canvas  
Acrylic Paint  
Open Space

## Directions:

Pour generous amounts of paint all over your canvas. The design you make and where you add your colors, doesn't matter.

Throw your painting across your yard like a frisbee.

Check out what you created.

Don't Like it? Throw it again.

Like it? Lay it somewhere safe to dry.

Hang it on your wall.

