

June 3, 2026

### Folded Paper Squishy Art

#### Materials:

- cardstock
- acrylic tubes of paint
- sharpie
- paper towels

#### Process:

1. Find a comfortable place to work and open up your packet.
2. Cover your table with newspaper, paper bags, butcher paper or some other protective sheet.
3. Take one piece of cardstock and fold it in half vertically or horizontally.



4. Choose your first tube of paint, unscrew the cap and open it by inserting the back of the cap into the foil and puncturing it.

5. Squeeze a small dollop of paint on just one side of the paper. Put as many dollops as you like, wherever you like. (A little goes a long way!)

6. Repeat this step with different colors. Feel free to put the paint wherever you like - on just one side of the paper. Be aware that the closer you are to the edges, the more likely the paint is to squeeze out.

7. When you feel satisfied with the amount of paint on your paper, carefully fold your paper closed and SLOWLY squish the paint onto the other side. Feel free to slide your hand over the paper to smooth it out. Use a paper towel to wipe off any excess paint that comes out of the paper.



8. Open up your paper and marvel at the squish art. Do you see an object of any sort?



9. Add more paint or try another sheet with a different fold.

10. Let the paint dry overnight.

11. Once the paint is dry, use your Sharpie to add designs and details to your art as you'd like. Feel free to add a title.

12. Please put your name and age on the front or back of your artwork.

This project is brought to you by:



and



13. Be proud of your creation and bring it back to Old Town Square next Wednesday so that we can hang it up for all of Fort Collins to see!
  - a. Don't worry! After we have displayed your piece, it will be available for you to pick up the following week!

### **Rorschach Test – Inkblot Test**

Many parents might associate this artwork to the famous (or perhaps infamous) Rorschach Test. Below is some information regarding the history of the Rorschach Test.

Hermann Rorschach first published the 10 inkblots in 1921 as a monograph, Psychodiagnostik. For the 1940's and 1950's, the Rorschach was the test of choice in clinical psychology. It fell into disfavor as many clinicians began criticizing it as "subjective" and "projective" in nature. Ironically, this was never the intention of Rorschach.

While working in a psychiatric hospital with adolescents, he noticed that certain children gave characteristically different answers to a popular game known as blotto (Klecksographie). In his original publication he characterized the blots as a "Form Interpretation Test", and cautioned that his findings were preliminary and stressed the importance of much more experimentation. Sadly, Rorschach died in 1922 at the age of 37. He had only invested just under four years in his inkblot test.

Needless to say, questions and concerns regarding the test's reliability and validity was eventually brought into question.

(Excerpt taken from <https://www.rorschach.org/history.html>)

### **About the Art for the Heart Program**

*Art for the Heart is a program of the Fort Collins Downtown Development Authority and NOLA Creative Company.*

*All returned projects will be displayed in our outdoor kiosk located in between Coopersmith's Pub and Poolside restaurants. All projects will be returned to you the following week after they have been displayed.*

*Each art project returned will earn you a punch on our "Frequent Artists" punch card. Artists with consistent participation (5 punches or more) will be awarded a t-shirt at the end of the program.*

*You can find all of our past projects and more information about the program at <https://downtownfortcollins.org/art-for-the-heart/>*

*[Follow us on Instagram @nola\\_creative\\_company as we will be featuring artwork from each week. We will not use full names or identify your children in any way other than using their first name in order to give credit.](#)*