



Document the colors  
of your dinner.

RUB, SMEAR, SPLATTER YOUR FOOD.

USE THIS PAGE AS A NAPKIN.

MIX SO MANY  
COLORS IT  
TURNS TO  
MUD.





make a paper chain.





cut strips,  
dip them in colors,  
glue them back in.



LET THE COLORS  
RUN

# RESIST!

DRAW WITH A CRAYON,  
PAINT OVER TOP.





this page is a sign.  
what do you want it to say?



ADD A NEW COLOR TO THIS  
PAGE EVERY DAY FOR A MONTH.