



mencap

**Let's create
one day
activities**

One day activities

Joyful tables

Rather than using a pre-printed or fabric table cloth, why not create one that has your own drawings on it?

Simply tape a plain paper tablecloth to the underside of your table to prevent the paper flying away, and use coloured pencils or felt tip pens to create a masterpiece.



Creative bakes

Get creative in the kitchen and make some colourful and interesting cakes.

Food colouring will help you change the colour of your cakes: use it to change the colour of the sponge, or the icing.

Marzipan is also a great tool for modelling into different shapes which you can add to the top of your cakes.



Pavement art

If it is safe to do so, pavement art is a great way to add a splash of colour and it washes off when it rains so there's no need to scrub it away afterwards.

It's best to ask for permission to create pavement art in advance if you don't own the area you want to use. All you need to create some amazing drawings is some sticks of coloured chalk.

