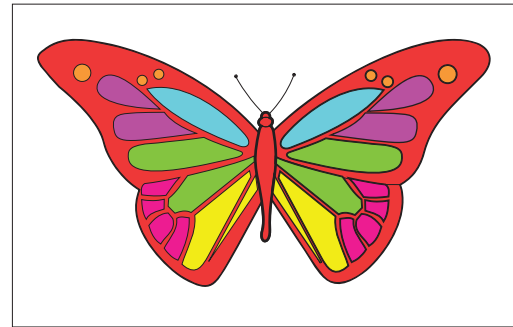
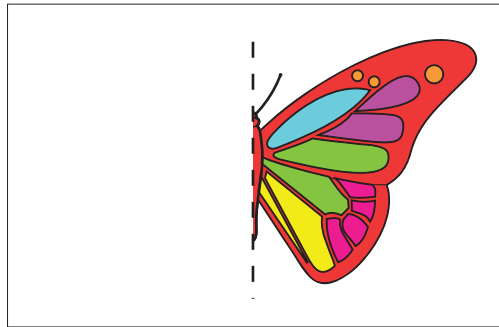
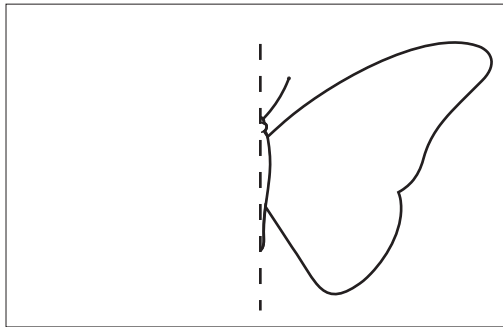




Bliss Butterflies



How to paint your butterfly



To start off with, draw the outline for half of your butterfly.

Or use the outline on the front of this page.

Next, use paint to colour in your butterfly wing. It's completely up to you what colours and shapes you use.

Now, get ready for the best bit.

Fold the paper in half so that the empty half you haven't painted on covers the butterfly and it's wing. Push the paper down for a little while and then open your painting up. You should find that you have a perfectly symmetrical Bliss Butterfly looking back at you.

About Bliss: Babies that are born too early or poorly can be very fragile (just like butterflies). Sometimes these babies need extra care, and the charity Bliss helps and supports these babies. Bliss also helps families, nurses and doctors who do an amazing job looking after babies born too early or too sick.

To find out more, visit the Bliss website at www.bliss.org.uk

Raising money for Bliss: Bliss can only carry out its work because people are very generous and donate money to the charity. You could also raise money for Bliss, but you should always get permission from your teacher or parents before fundraising.



You could use our donation form. When you take your Bliss butterfly painting home, ask your family for a donation and bring it into school the next day.



Your class or group could organise an art exhibition. Put all your Bliss Butterfly paintings on display at school and get your parents to come and see your painting!



Alternatively, your school could organise a butterfly-themed dress day. Come into school wearing as many colours as possible – and some wings if you have any – and bring a small donation in.