



WOW!
A drawing on a cave wall in France is believed to be the oldest known portrait of a human face. It is 27,000 years old.

Make a silhouette portrait of yourself

What you need

- A camera (you can use a phone camera)
- Computer and printer
- Tape
- Two different colors of paper, such as scrapbooking or origami paper
- Scissors
- White glue
- Small paintbrush
- Frame

Instructions

1. Stand against a blank wall with one shoulder against it so you're facing toward the side and your profile is visible. (If you have long hair, you might want to wear it in a ponytail or bun so that it doesn't hide your neck.) Have a friend or family member shoot a photo of the side of your head, including your neck and shoulders.
2. Upload the photo to your computer and print it out in a size slightly

3. Tape your photo printout to a piece of paper in the color of your choosing. This color will be the color of your silhouette.
4. Using scissors, carefully cut around the head through the printout and colored paper at the same time, taking your time to carefully cut around details like eyelashes and hair. Include the neck and, if you'd

- like, a bit of the shoulders. You can round the bottom with your scissors to make your silhouette look a little more finished.
5. Dab a tiny bit of glue onto your paintbrush. Paint a very thin layer of glue on the back of your silhouette and adhere it to your remaining sheet of paper.
6. Place your finished silhouette in the frame, and hang or display according to the frame's directions.



ECO TIP OF THE WEEK BUILD A ZERO WASTE KIT

Avoiding the use of single-use plastics like straws and takeout containers helps protect the environment and keep items out of landfills. This is easy to do at home, when you have access to all your kitchen items, but harder when you're out with your family or eating at a restaurant. One way to prepare for these situations is to keep a zero waste kit in your family's car. Grab a small box or tote bag and fill it with metal straws, cloth napkins, reusable flatware, and a food container with a lid. This way, if you get a to-go drink or take home leftovers from a restaurant, you have your own reusable straws and containers instead of the disposable plastic ones offered to you.



Take these essentials to go.