



FUN FACT

Sneakers got their name in the 1880s from their quiet rubber soles, which allowed wearers to “sneak” up on others.



Doodle fun designs on your sneakers

What you'll need

- Canvas sneakers
- Pencil
- White eraser
- Water-based acrylic paint pens, like Posca (note: permanent markers might bleed)
- Optional: tissue paper or newspaper to stuff into the sneakers

Instructions

1. Ask a parent for permission before you decorate a pair of sneakers.
2. Decide on a design. You can pick a theme (like food, dogs, or music) or draw a mix of things.
3. Pick a palette. You could use all the colors in the rainbow or stick to a simple black-and-white scheme. You could also choose a limited palette. Black and yellow were used for the dog sneaker shown above, for example.
4. If you want a firm surface for drawing, stuff sneakers with tissue paper or newspaper.
5. Optional: You can lightly sketch a design in pencil first. Use a white eraser to make corrections. Wipe off the eraser dust completely.
6. Use the paint pens to make doodles. To keep the colors clean and bright, start with lighter colors and let them dry.
7. Layer on the darker colors, such as black outlines, last. Allow them to dry, and enjoy!



LIFE HACK

BRIGHTEN YOUR FRIEND'S DAY

Offering a kind word to someone can make their day. So why don't people do it more often? Research shows that many people underestimate the positive impact their words have on others. If you want to brighten someone's day, try giving a compliment. Be sincere. For example, you might tell a friend that you noticed something amazing they recently did or said. You can also make someone feel better with encouragement when they need it, such as, "Hey, you've got this!" You could also offer a gesture to brighten a friend's day, such as by sharing a special playlist or simply reaching out to make a plan to spend time together.



Your words can lift others.