

Day 20 Health

Starting Point:

Whatever the state of your health what are you most thankful about in terms of your health?

Quote:

Gratitude is a vaccine, an antitoxin, and an antiseptic. John Henry Jowett

Bible verse:

My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body. Proverbs 4:20-22

Inspiration:

Trawling the internet for videos on health brought up so many really serious talks so I decided to go for something more random. Dance, music and exercise are all considered to be good for your health, so here it is: Chris Hollins' Charleston (Just because I like it!) <http://www.youtube.com/watch?v=mrCfqBTy3W8>

Technique Challenge:

Make your own stamp.

Here's a video on how to make a stamp from a stencil

http://www.youtube.com/watch?feature=player_embedded&v=AQBzYYCy7M0

But you can use lots of other ways. Cut shapes into an eraser.

http://balzerdesigns.typepad.com/balzer_designs/2009/12/weekend-blogging-and-a-hand-carved-stamp-tutorial.html

*Use a piece of polystyrene and draw into it with a ballpoint pen.

*Take a piece of thick card and stick shapes onto it. Cover with gel medium and leave to dry before using it.

I made some stamps from tile spacers and garden tags.

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JOHN HENRY JOWETT

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Proverbs 4:20-22