You will need:

- Styrofoam sheet (you can use foam takeaway boxes, foam pizza base packaging or foam plates)
- Pencil
- Block printing ink or acrylic paint
- Roller (or sponge)
- Rolling tray/laminated sheet/acetate or anything you can roll paint onto!
- Paper

1. Use ‘patterns of Unbound’ to see patterns and shapes in the textiles in our exhibition. Think about what patterns or designs you want on your own block print. You can draw them on paper first or go straight to the printing.

2. Get a small piece of foam as a test piece. Make marks in the foam by pushing your pencil fairly deep into it, but without poking through to the other side.

3. When you are confident with how to create designs in the foam, get a bigger piece of foam and create your final print in it. You can do patterns or draw a picture but remember that simple images work the best.
4. When you have finished creating your printing block, coat the roller in an even layer of printing ink.

5. Roll your inked roller over your printing block. You may need to do it a few times to make sure that there is enough ink. If you don’t have a roller you can use a sponge to dab the paint on.

6. Position the foam block on top of your paper and use a clean roller (or spoon!) to roll/press down. Apply lots of pressure so that your design will transfer onto the paper.

7. Peel off your block and look at the print! You have made your very own block print!

8. You can now wipe down your block and try printing it in different colours.