Jackson Pollock (1912-1956) was an American abstract expressionist painter known for his drip, splash, and pour style of painting that embraced random spills and streaks of color. His physical, whole-body approach to painting started the "action" painting movement. Pollock's technique is considered the launching point of the "action" painting movement.

**MATERIALS**
- Cardboard or cardstock
- Scrap paper
- Scissors
- Cotton string or yarn
- A paper plate or reusable palette
- A paintbrush
- Tempera or acrylic paint

**STEP 1**
Cut a piece of string about the same length as your paper. Wrap the string loosely around your finger to ball it up.

**STEP 2**
Add a quarter-sized dollop of paint to your palette. Put the balled up string in the paint, leaving a 1 inch tail clean. Make sure the rest of the string is covered with paint.

**STEP 3**
Lift the string by the tail and lay it down from top to bottom of the cardboard in random squiggle and swirled patterns.

**STEP 4**
Place a piece of scrap paper on top of the string and press gently. Keep holding the top paper lightly and slowly pull the string out from under it the paper.

**STEP 5**
Repeat the process with new string and 3-4 different colors of paint. You can use the same top paper for more random streaks or use new paper each time.

**STEP 6**
Remember your paint will mix, so be careful to keep it from getting muddy. Use the brush to add splatters or streaks if you like. When it looks done to you, it’s done!

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