

EASY DIY NAIL ART

Ages:

12-14

Description:

Participants will create fun nail art designs using items they have around the house.

Time:

30-45 minutes

Materials Needed:

- Nail polish
- One or more of the following:
 - Bobby pin
 - Toothpick
- One of the following to use as a palette:
 - Wax-coated paper plate or plastic plate
 - Foil
- Optional: acrylic paint



Instructions:

Nail art is a fun way to express your creativity on your nails! While there are lots of tools out there to do nail art, you can also just use simple items that you have around your house! In this activity, you will learn how to do 10 different designs.

Let's get started!

Step 1:

Pick a nail polish color that you'd like to use as the base for your design. Paint 2 coats and let them dry for 5 minutes.

Step 2:

Decide which design you'd like to do—or pick several and mix and match! It's totally up to you.

Step 3:

After you've chosen your design(s), follow the steps below. When you're done, don't forget to protect your artwork with a topcoat to make it last!

NAIL ART GUIDE

Let's get started!

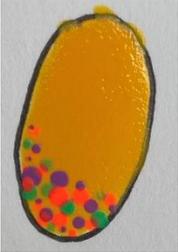
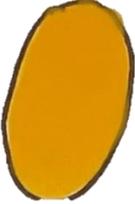
Follow the steps below to complete your nail art masterpiece!

Simple Polka Dot Nails!	Time: 30 minutes Skill Level: Beginner	
Step 1	Remove any existing nail polish with nail polish remover.	
Step 2	If you have a base coat, apply that first.	
Step 3	Apply 2 coats of nail polish. Let dry for about 5 minutes.	
Step 4	Place a few drops of your polka dot color on your plate.	

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<p>Step 5</p>	<p>Using either a bobby pin (medium dots) or a toothpick (small dots), begin placing polka dots in a straight line, starting in the middle of each nail.</p>	
<p>Step 6</p>	<p>On the rows of polka dots on either side of your middle line, place dots in a varied position like so:</p>	
<p>Step 7</p>	<p>Once you've placed polka dots on all of your nails, seal them in (and protect them!) with a topcoat.</p>	

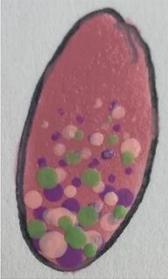
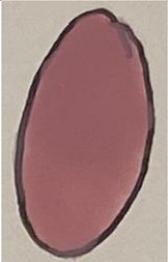
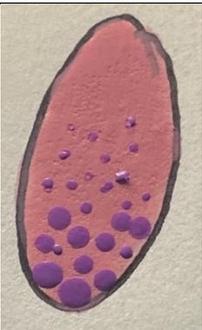
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Cascade Polka Dot Nails!	Time: 30 minutes Skill Level: Beginner	
Step 1	Remove any existing nail polish with nail polish remover.	
Step 2	If you have a base coat, apply that first.	
Step 3	Apply 2 coats of nail polish. Let dry for about 5 minutes.	
Step 4	Place a few drops of your first polka dot color on your plate. For this design you'll be using several different colors. If you'll be using nail polish (you can also use acrylic paint!), only put out one color onto the plate at a time. This prevents the pools of polish from drying out too quickly.	
Step 5	Using either a bobby pin (medium dots) or a toothpick (small dots), begin placing polka dots in a downward swooping line. Use a variety of bigger and smaller dots.	

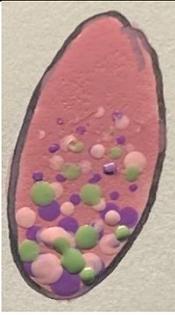
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Step 6	Keep filling in your swoop with different colors (3-4 colors at least). Don't be afraid to overlap!	
Step 7	Once you're happy with your design, seal your nails (and protect them!) with a topcoat.	

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<p>Gradient Polka Dot Nails!</p>	<p>Time: 30 minutes Skill Level: Beginner</p>	
<p>Step 1</p>	<p>Remove any existing nail polish with nail polish remover.</p>	
<p>Step 2</p>	<p>If you have a base coat, apply that first.</p>	
<p>Step 3</p>	<p>Apply 2 coats of nail polish. Let dry for about 5 minutes.</p>	
<p>Step 4</p>	<p>Place a few drops of your first polka dot color on your plate. For this design you'll be using several different colors. If you'll be using nail polish (you can also use acrylic paint!), only put out one color onto the plate at a time. This prevents the pools of polish from drying out too quickly.</p>	
<p>Step 5</p>	<p>Using either a bobby pin (medium dots) or a toothpick (small dots), begin placing polka dots at the tip of your nail. As you go towards the base of your nail, use fewer dots, and make them smaller. Use</p>	

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	a variety of bigger and smaller dots.	
Step 6	Keep filling in your gradient with different colors (3-4 colors at least). Don't be afraid to overlap!	
Step 7	Once you're happy with your design, seal your nails (and protect them!) with a topcoat.	

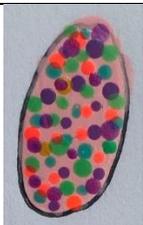
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<p>Diagonal Polka Dot Nails!</p>	<p>Time: 30 minutes Skill Level: Beginner</p>	
<p>Step 1</p>	<p>Remove any existing nail polish with nail polish remover.</p>	
<p>Step 2</p>	<p>If you have a base coat, apply that first.</p>	
<p>Step 3</p>	<p>Apply 2 coats of nail polish. Let dry for about 5 minutes. Then, add your second color in a diagonal line across your nail.</p>	
<p>Step 4</p>	<p>Place a few drops of your polka dot color on your plate.</p>	
<p>Step 5</p>	<p>Using either a bobby pin (medium dots) or a toothpick (small dots), begin placing polka dots along the diagonal line where your two polishes meet. Use bigger dots for this design.</p>	

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Step 6	Once you're happy with your design, seal your nails (and protect them!) with a topcoat.	
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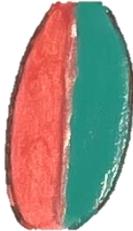
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<p>Confetti Polka Dot Nails!</p>	<p>Time: 30 minutes Skill Level: Beginner</p>	
<p>Step 1</p>	<p>Remove any existing nail polish with nail polish remover.</p>	
<p>Step 2</p>	<p>If you have a base coat, apply that first.</p>	
<p>Step 3</p>	<p>Apply 2 coats of nail polish. Let dry for about 5 minutes. Then, add your second color in a diagonal line across your nail.</p>	
<p>Step 4</p>	<p>Place a few drops of your first polka dot color on your plate. For this design you'll be using several different colors. If you'll be using nail polish (you can also use acrylic paint!), only put out one color onto the plate at a time. This prevents the pools of polish from drying out too quickly.</p>	
<p>Step 5</p>	<p>Using either a bobby pin (medium dots) or a toothpick (small dots), place a variety of sized dots all over your nail. Keep adding colors (3-5 at least) until you've covered most of your nails.</p>	

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Step 6	Once you're happy with your design, seal your nails (and protect them!) with a topcoat.	 A clear glass bottle of Seche Vite topcoat nail polish with a black cap. The label on the bottle reads "Seche Vite" in a stylized font, with "TOP COAT" underneath. Below that, it says "FORMULA AQUEA" and "FORMULA AQUEA". At the bottom of the label, it indicates "14 mL / 0.5 FL OZ".
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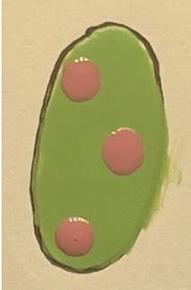
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Vertical Polka Dot Nails!	Time: 30 minutes Skill Level: Beginner	
Step 1	Remove any existing nail polish with nail polish remover.	
Step 2	If you have a base coat, apply that first.	
Step 3	Apply 2 coats of nail polish. Let dry for about 5 minutes. Then, add your second color in a vertical line across your nail.	
Step 4	Place a few drops of your polka dot color on your plate.	
Step 5	Using either a bobby pin (medium dots) or a toothpick (small dots), begin placing polka dots along the vertical line where your two polishes meet. Use bigger dots for this design.	

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Step 6	Once you're happy with your design, seal your nails (and protect them!) with a topcoat.	
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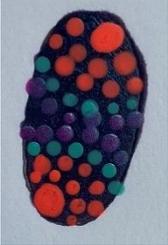
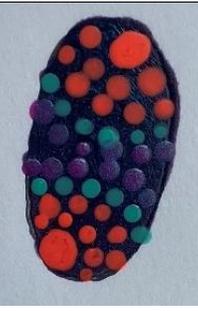
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<p>Flower Polka Dot Nails!</p>	<p>Time: 30 minutes Skill Level: Beginner</p>	
<p>Step 1</p>	<p>Remove any existing nail polish with nail polish remover.</p>	
<p>Step 2</p>	<p>If you have a base coat, apply that first.</p>	
<p>Step 3</p>	<p>Apply 2 coats of nail polish. Let dry for about 5 minutes.</p>	
<p>Step 4</p>	<p>Place a few drops of your polka dot color on your plate.</p>	
<p>Step 5</p>	<p>Using a bobby pin, place 3 large polka dots, spaced out. These are the center of your flowers.</p>	

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Step 6	Using a toothpick, place smaller polka dots around the center of your flower—these are the petals of your flower.	
Step 7	Once you're happy with your design, seal your nails (and protect them!) with a topcoat.	

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<p>Circle Polka Dot Nails!</p>	<p>Time: 30 minutes Skill Level: Beginner</p>	
<p>Step 1</p>	<p>Remove any existing nail polish with nail polish remover.</p>	
<p>Step 2</p>	<p>If you have a base coat, apply that first.</p>	
<p>Step 3</p>	<p>Apply 2 coats of nail polish. Let dry for about 5 minutes. Then, add your second color in a diagonal line across your nail.</p>	
<p>Step 4</p>	<p>Place a few drops of your first polka dot color on your plate. For this design you'll be using several different colors. If you'll be using nail polish (you can also use acrylic paint!), only put out one color onto the plate at a time. This prevents the pools of polish from drying out too quickly.</p>	
<p>Step 5</p>	<p>Using a bobby pin, begin by placing 2 large polka dots on two "corners" of your nails. Using the same color, add two row of smaller polka dots surrounding the big polka dot. Add another row in a second color, and finish</p>	

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	by adding a final row in a third color.	
Step 6	Once you're happy with your design, seal your nails (and protect them!) with a topcoat.	

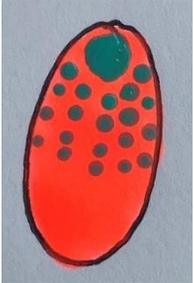
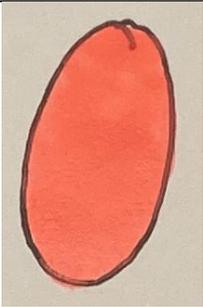
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<p>Triangle Polka Dot Nails!</p>	<p>Time: 30 minutes Skill Level: Beginner</p>	
<p>Step 1</p>	<p>Remove any existing nail polish with nail polish remover.</p>	
<p>Step 2</p>	<p>If you have a base coat, apply that first.</p>	
<p>Step 3</p>	<p>Apply 2 coats of nail polish. Let dry for about 5 minutes. Then, add your second color in a diagonal line across your nail.</p>	
<p>Step 4</p>	<p>Place a few drops of your polka dot color on your plate.</p>	
<p>Step 5</p>	<p>Using either a bobby pin (medium dots) or a toothpick (small dots), begin placing 3 polka dots along the base of your nail. Add a row of 2 dots below the first row, and a final dot to complete your triangle.</p>	

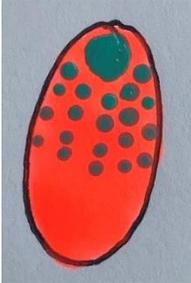
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Step 6	Once you're happy with your design, seal your nails (and protect them!) with a topcoat.	
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<p>Sunburst Polka Dot Nails!</p>	<p>Time: 30 minutes Skill Level: Beginner</p>	
<p>Step 1</p>	<p>Remove any existing nail polish with nail polish remover.</p>	
<p>Step 2</p>	<p>If you have a base coat, apply that first.</p>	
<p>Step 3</p>	<p>Apply 2 coats of nail polish. Let dry for about 5 minutes. Then, add your second color in a diagonal line across your nail.</p>	
<p>Step 4</p>	<p>Place a few drops of your polka dot color on your plate.</p>	

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Step 5	Using a bobby pin, place 1 large polka dot at the base of your nail. Add 4-5 rows of dots springing from your large dot.	
Step 6	Once you're happy with your design, seal your nails (and protect them!) with a topcoat.	

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ACTIVITY RECAP

Discovery Questions:

- Which design did you choose? Which colors did you pick for your design?
- How can creative/artistic activities like this help with stress? What are some other creative/artistic activities that you enjoy?
- What are some other items around your house that you might be able to use as improvised nail art tools? What are some other designs that you could do next time?
- With a parent/guardian's permission, share with us what you think of the Easy DIY Nail Art on our Instagram page with the tag @girlsincindy.

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