

Painting Like Jackson Pollock

Who is Jackson Pollock?

Jackson Pollock was an American artist who didn't use a brush like most painters. He liked to **drip, splash, and flick paint** onto a canvas to make **wild, energetic patterns**. This style is called “**action painting**” because it's all about movement and excitement!

Pollock's paintings don't show people or things — they show **feelings** and **motion** through colour and lines.

What Will You Make?

You'll create your own **Jackson Pollock-style action painting** by **dripping, flicking**, and **splattering** paint to make a wild and colourful picture!

You Will Need:

- A large piece of paper or cardboard (A3 size is great!)
 - Paint (acrylic or poster paint works best)
 - Paintbrushes, sticks, or spoons
 - Old clothes or apron (this can get messy!)
 - A drop cloth or newspaper to protect your table or floor
 - A cup of water and a tray or palette
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Step 1: Set Up Your Space

1. Put down newspaper or a plastic sheet where you'll be working.
 2. Lay your paper or cardboard flat on the ground or a table.
 3. Wear old clothes or an apron — you're going to get messy (in a fun way)!
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Step 2: Pick Your Paint Colours


1. Choose **3 to 5 colours** you love.
 - Pollock liked **black, white, red, yellow, and blue**, but you can use anything!

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2. Pour a little of each colour into its own container or tray.
 3. Add a small amount of water to each colour to make it **runnier**.
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Step 3: Start Dripping and Flicking!

1. Dip a brush, stick, or spoon into the paint.
2. **Flick, drip, or splatter** the paint over your paper by:
 - Tapping the brush over the paper
 - Shaking the brush fast
 - Swinging your arm like you're dancing!
3. Use a different tool or hand for each colour.

 **Tip:** Try standing up and moving around the paper while you work — like a dancing painter!

Step 4: Layer It Up

1. Wait a little between colours so they don't all mix into brown.
 2. Add new splashes on top of old ones — **layer, layer, layer!**
 3. Make some lines thick and some thin.
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Step 5: Stop and Look

1. Step back. Do you like what you see?
2. You can add more splashes or stop when it **feels just right**.

More Fun ideas

- **Pollock Puzzle**
 - Print out a painting and cut it into puzzle pieces.
 - Reassemble and see how abstract art fits together!
- **Colour Hunt**
 - Choose one of Pollock's artworks and count how many different colours you can find.