



## DESCRIPTION

Totally gross out your friends by wearing your guts inside out! Step into the Activity TV Gross out lab and learn how to make a T-shirt with Puss Paint and intestines!

## MATERIALS

- White t-shirt
- Sticky foam (red, green, yellow)
- Intestines/heart template to trace onto foam
- Glow in the dark puffy paint (red, yellow, purple)
- Scissors
- Marker

## DIRECTIONS

1. Take your yellow sticky foam and draw a template for intestines on the back. You can draw it free-hand or find a template for the shape online and trace it onto the back of the foam. The shape should be big enough to stick to the front of your t-shirt in the appropriate spot.
2. Take your green sticky foam and draw oval shapes for lungs onto the back. Again, try to make them the actual size of your lungs for your shirt.
3. Draw a heart shape onto the back of your red sticky foam. Be sure to include all of the veins, valves, and arteries that a heart should have.
4. Cut out all of the shapes from your sheets of sticky foam. Be sure you take your time to keep the shape of your organs as you cut them.
5. Peel the backs off of your sticky foam shapes. Lay your white t-shirt flat and stick your organs to the front of it in the appropriate spots.
6. Time to really gross up your t-shirt. Take different colors of glow in the dark puffy paint and use it to add squiggly veins and other gross features to the organs on your shirt. Use red paint for the heart and intestine, yellow for the lungs, and purple to add lines of pus all over the front of the shirt.
7. Let everything dry for an hour and you'll be ready to wear your heart, and everything else with it, inside out!