



## Live Your Why – Afterschool Edition

Did you know you can dye white clothing with natural ingredients?

With the help of an adult, try dyeing some white eggs, or any white clothing (socks, shirts, bandana, etc.) with these natural ingredients.

Scan this:



[diynatural.com/natural-fabric-dyes](http://diynatural.com/natural-fabric-dyes)



If you can't do this today, how can you plan for it to do at another time?

What other things might you try dyeing?



Looking for other ideas to help plan your afternoon? Visit us at [www.healthylamoillevalley.org/liveyourwhy](http://www.healthylamoillevalley.org/liveyourwhy)