



# LIVE YOUR WHY

## Afterschool Edition



Did you know you can dye white clothing or white eggs with natural materials?



**Dye some eggs, white socks, shirts, or any other white clothing material with these natural ingredients.**



Scan this:



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



What other things might you try dyeing?

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



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