Create a Painting Like Michelangelo

Would you like to experience a little of what Michelangelo did as he painted the Sistine Chapel? Give this project a try. You can download and print it using Adobe.

Supplies Needed

- 11 x 14-inch poster board (at least two in case you make a mistake)
- A pencil
- Acrylic paints (Tempura paints also work well)
- Paint brushes
- Tape

Directions

To truly recreate the Michelangelo experience, you'll need to lay on your back and paint on a surface above you.

Sample of The Creation of Adam

1. Tape the poster board to the underside of a table or bench. Make sure you can reach the poster while laying on your back. A piano bench is the perfect height for most kids to lay on and paint, but you can also use kitchen chairs or a short coffee table.

2. Choose a scene from the Sistine Chapel to recreate. The image on the right is a project example based on "The Creation of Adam." Of course, your drawing doesn't have to look exactly like Michelangelo's since he was a famous artist and you are a beginner, but try to make the general outline as close as possible.

3. Next, lay on your back and complete the painting. You may need to take breaks since this is an uncomfortable position for painting.