

## Wilton Stencil Painting Fundamentals

**Objective:** Teach basic cake painting techniques using stencils.

**Recommended Ages:** 9 years old and up

**Time required for project:** 1 hour

### Overview

This activity is designed to introduce children to cake painting using stencils. They will use decorating painting tools, fondant and pre-made cookies to create their own decorated treats. Following our easy, step by step instructions, the activity leader will walk children through each step, demonstrate the basic techniques and assist them as they practice and paint their treats. Leaders should determine ahead of time how many adult helpers are needed. Depending on the age of the group, 1 adult for every 8 - 10 children should be enough.

### Supplies

#### Wilton Items needed:

- ✓ *I Taught Myself Painting on Cakes Kit* (1 per child preferred)  
If not purchasing kit, the following items will be needed:
  - 1 small round bristle food safe paint brush - do not use brushes used for craft painting.
  - 2 in. round flower stencil (should fit on a cookie)
  - Small flat white disposable plastic plate
- ✓ Wilton White Decorator Preferred Fondant (about 4 oz. per child)
- ✓ Wilton White – White Icing Color - shared
- ✓ 3 - 4 colors Wilton Icing Gel Colors - shared
- ✓ Wilton 9 in. Fondant Roller- optional
- ✓ Wilton Double Cut-outs Set, Round (1 set per 6 children)
- ✓ Wilton Piping Gel (can be shared by group)

#### Additional Kitchen Supplies (either leader can provide, or children can bring their own):

- ✓ Parchment or waxed paper, 8" x 10" sheet per child
- ✓ Tape
- ✓ Spatulas or butter knife, 1 per child
- ✓ Small rolling pin from home if not using the Wilton Fondant Roller
- ✓ Container to transport cookies home
- ✓ 1 quart-sized plastic storage bag per child to transport dirty tools home
- ✓ 1 sandwich bag per child to keep unused fondant fresh
- ✓ Plastic wrap
- ✓ Scissors
- ✓ Ruler
- ✓ Paper towels
- ✓ Toothpicks
- ✓ Small container of solid vegetable shortening
- ✓ 1 tablespoon of confectioners' sugar (powdered sugar)

- ✓ 3" round cookies, 3 per child
- ✓ Small bottle of water
- ✓ Small disposable cup

### Activity Outline

1. Introduction
  - a. Explain the Tools
  - b. Basics of Working with Fondant
2. Techniques
  - a. Rolling Fondant
  - b. Covering Cookies
  - c. Painting Tips
  - d. Mix Cake Paint
  - e. Using a Stencil
3. Paint Cookies
4. Clean up

### INTRODUCTION

**Explain the Tools – Go through each of the items on the supply list so the children understand what each one does**

- 9 in. Fondant Roller with Guide Rings
  - Used to roll out fondant to a smooth surface.
  - Guide rings help ensure fondant is rolled to an even thickness.
- Decorator Brushes
  - Wilton food safe brushes are perfect for painting large areas and small details on icing.
  - Never use craft brushes that have previously been used with craft paint.
  - Hand wash with soapy water before use and after each time you paint. Allow bristles to air dry.
- Small Paint Palette
  - Small plastic palette has 12 cavities and 1 large cavity to mix and blend colors.
  - Easy to clean with soapy water.
- Stencils
  - Starburst and chevron stencils have a tacky side that will stick to cakes, cookies or cupcakes to make painting easy.
  - Wash before and after use in warm soapy water.
- Wilton Double Cut-outs Set
  - Cutters come in 6 sizes, smooth on one side and crinkled on the other.

## The Basics of Working with Fondant – review basics, then have children do the activity listed

- Handling and Preparing Fondant
  - Use for covering a cake, cookies or cupcakes.
  - It will stay soft when applied over buttercream icing as a covering for cake.
  - Wilton Decorator Preferred Fondant is available in white and a wide variety of colors.
  - Fondant picks up dirt and lint very easily. Be sure your hands and work surfaces are very clean before handling.
  - When kneading small amounts of fondant, stretch, twist and fold it as if you were pulling taffy. When kneading large amounts of fondant, knead as if you were kneading bread dough.
  - Fondant should always be kneaded until soft and pliable before rolling.
  - If fondant is too soft or sticky to roll, knead in a little confectioners' sugar.
  - Because fondant can dry out quickly, it should be kept covered or wrapped in plastic wrap and stored in a plastic bag when not being used.
  - If fondant is dry, try kneading in a light coating of solid vegetable shortening.
  - To store leftover fondant, roll into a ball or a log shape, coat with a thin film of solid vegetable shortening and wrap in plastic wrap. Place in an airtight container.

**\*Give each child a small piece of fondant approximately the size of a golf ball. (Place the unused fondant in a zipper bag or wrap in plastic wrap to prevent drying.) Children should knead the ball of fondant until soft and pliable, then cover with plastic wrap or place in a zipper bag.**

**Techniques – Demonstrate each technique. Students will work along with you as complete each step.**

- Rolling Fondant
  - Tape down waxed paper or parchment and spread a thin film (film should look clear on the surface) of solid white vegetable shortening on the surface.
  - Place kneaded fondant on the surface and roll with rolling pin. (If using Wilton Fondant Roller, use the purple guide rings to roll to a consistent thickness. Fondant should stay between the rings and is the right thickness when it is the same height as the rings.)



- **Covering Cookies**

- Cut three round shapes using largest cutter. If necessary, cut two circles then re-roll remaining fondant for the third circle.
- Carefully pick up the circle with your fingers or lift one edge with the butter knife then lift with your fingers.
- To attach fondant to the cookie, squeeze a small amount of piping gel on the cookie then spread it with the butter knife.

**Hint:** Remove excess fondant from around shape. The less you move the cut out, the better it will hold its shape. Shapes can sometimes be too soft to transfer. If too soft, let the shapes set for 15 minutes to an hour before applying to a treat.



- **Mixing Paint**

- Squeeze about a teaspoon of White-White Icing Color into a palette square.
- Dip a toothpick into gel icing color and swirl it into the white icing color, blending it until through mixed.
  - If you want the color to be a deeper shade, add more icing color. Use a new toothpick each time so not to contaminate the icing color in the pot.



- **Painting Tips**

- Use the flat brush when painting larger areas.
- Use the small round brushes for tiny cut-out areas in stencils and adding fine details.
- If layering colors or outlining, let the first color dry about 5-10 minutes before painting over it with another color.
- Rinse brushes between colors.
- Blot excess water or paint on a paper towel.



- Using a Stencil
  - Place a stencil on the fondant surface, tacky side down.
  - Gently brush color evenly across the stencil, being careful to not let the color get under the edges of the stencil. Add a small amount of color at first, let it dry slightly and add more color as desired.
    - Use the smallest brush for the tiny areas, bigger brushes when there's more area to cover.
  - Once the area has been painted, remove the stencil by lifting it from one side to the other. Don't pull from both sides at the same time, or the paint may smear.



## DECORATE COOKIES

Children can apply the painting techniques they've learned on their remaining cookies. Share the inspiration images to show the children what they can do with their new skills!

NOTE: Check out Wilton's DIY-ish Cute Critters Kit for additional fondant fun!

<https://www.wilton.com/shop-diy-ish-kits/>

## CLEAN-UP AND WRAP-UP

### RESOURCES:

How to Roll Fondant Video

<https://www.youtube.com/watch?v=xh8JZRIdXbs>

Creating Paint Colors Video

[https://www.youtube.com/watch?v=5n8pU5\\_kVvo](https://www.youtube.com/watch?v=5n8pU5_kVvo)

Painting on Fondant Video

<https://www.wilton.com/ITMPC.html#videoModal>

Using a Stencil

<https://www.wilton.com/ITMPC.html#videoModal>

INSPIRATION



Wilton.com



Flourboxbakery.com

<https://www.designerstencils.com/Vine-Wreaths-Cookie-Stencil-Set-P15326.aspx>

<https://blog.fancyflours.com/2012/10/02/halloween-stencil-cookies/>



<https://www.fancyflours.com/category/paint-your-own-pyo-cookie-suppli>

<https://www.fancyflours.com/category/4th-of-july-themed-edible-wafer-paper>

<https://bakeartstencils.com/>