

Campus Section

Students can relieve stress at Dart Art

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The Dart Art event will allow for students to come and create spontaneous art in a fun and stress relieving way. KATIE MARSHALL | Courtesy Photo
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In the film “Princess Diaries” Anne Hathaway as Mia Thermopolis does dart art with her mom by popping paint filled balloons to de-stress after princess lessons.

Students can do this same fun, stress relieving activity on March 22 from 1-4 p.m. on the north side of the BYU-Idaho Stadium parking lot.

Katie Marshall, a senior studying recreational management, plus a team of four people and 30 volunteers will be hosting this event through Social Activities.

“You don’t have to be a student to come,” Marshall said.

Heather Thomas, a senior studying recreational management and one of the team members, said dart art is when balloons are filled with air and paint, and then darts are thrown at them to make them splatter the paint all over canvases.

“I had heard of this activity from Pinterest but didn’t want to go through all the effort of actually getting all the materials needed,” said Tiffany Keables, a senior studying recreational management and another team member.

Marshall said the team ran a survey of about 80 people, and 90 percent said they would love to try it.

The tickets are \$3 for admission to participate in the activities or \$6 for admission and a canvas, Marshall said.

She said you can also bring your own canvas and just pay for a ticket at the ticket office, online or at the activity.

“Porter’s is having a sale on canvases right now for 50 percent off,” Marshall said.

Paige Nelson, a sophomore studying communication, said she volunteered because she fell in love with the idea when she first saw “Princess Diaries.”

“Ever since I saw that I always wanted to do dart art but was never motivated enough to set it up for myself,” Nelson said.

Thomas said the best part of this activity is going to be doing something silly and letting the participants have fun.

“We all need to allow our inner child out every once in a while,” Thomas said.

Keables said her favorite part of dart art is that the participants get to take home a quality piece of art they made to remember their experience at the activity.

“I can’t think of a more unique way to combine an art with a sport,” Nelson said. “Even if you’re not the most artistic person, you end up leaving this event with an incredibly distinctive piece of art.”

She said to be careful not to wear your nice clothes, and if you are going to bring your own canvas for the dartboard, do not buy the stretched canvas.

“Canvas panels are the best because the dart will go straight through the stretch canvas creating a hole as big as a pencil,” Marshall said.

She said those who come will have a good time and can let out stress from school and their daily lives.

“It’s so opposite from regular school life with lots of structure, tests, homework and going to classes,” Marshall said.

Nelson said it is similar to shooting a rifle at a target.

“Perhaps [it’s] more exciting when you watch the paint splatter all over the canvas in a wild design,” she said.

Marshall said by the end of the activity, about 100 hours will have gone into this activity with help from the team members, volunteers, campus custodial and Student Activities.

She said she always wanted to host this activity for the students ever since she did it for a large group of high-schoolers in Idaho Falls last year.

“It’s like a bucket list item,” Marshall said.

Keables said students should come because it is a fun way to create art and meet new people. All the supplies will already be provided.

Marshall said there will also be Paint Twister, and participants should expect to get messy.

“I always feel that the best kind of activities are the ones that really make you roll up your sleeves and get your hands dirty,” Nelson said. “There’s nothing more satisfying than the feeling of colorful paint splattered all over your hands.”

Marshall said if they have only met the participants’ expectations, then they have not succeeded.