

# HOUSE ONE

## UPCYCLE A HEADBOARD

WWW.HOUSE.ONE - BY JENN LARGESSE



For this project, we're teaming up with our friends at Sherwin-Williams® to elevate a headboard into a new, luxurious centerpiece with a rich color and the addition of some smart, hidden storage. To get started, I visited my local Sherwin-Williams paint store where the painting expert suggested *Extreme Bond Primer* so I don't have to worry about scuff-sanding the headboard's glossy surface. For my finish coat, I wanted a rich, dark tone in a matte finish. Typically, if I want a durable coating, I turn to a glossier finish, but Sherwin-Williams offers a paint called *Emerald* that will give me the true color I'm after, while remaining durable and washable in a matte finish. I also picked up paint sticks, a paint tray and liners, a 2 ½-inch angled tip synthetic paint brush, a roller frame, a 3/8-inch nap roller cover, and a drop cloth, wood filler, a 220-grit sanding sponge, stock boards and screws.

*This project is sponsored by Sherwin-Williams®. All opinions are our own.*

### CUT LIST

½ x 6 Board – 4 @ 14"

½ x 6 Board – 6 @ 5"

### MATERIALS

Emerald Interior Paint®  
(SW 0041 Dard Hunter Green)

Paint Cup and Liner  
Roller Tray and Liners  
(2) ½ x 6 x 3' Boards  
1¼-inch Wood Screws

Wood Filler  
Drop Cloth

### TOOLS

2½-inch Paintbrush  
Roller Frame  
3/8-inch nap roller cover  
Miter Saw  
Sanding Sponge

## **STEP 1 – PREP THE HEADBOARD**

To prep the headboard, clean it with warm water mixed with mild detergent. Once it has dried. Fill any dents or scratches with wood filler. Allow the filler to dry, and then sand the areas smooth with the sanding sponge. *WARNING! Removal of old paint by sanding, scraping or other means may generate dust or fumes that contain lead. Exposure to lead dust or fumes may cause brain damage or other adverse health effects, especially in children or pregnant women. Controlling exposure to lead or other hazardous substances requires the use of proper protective equipment, such as a properly fitted respirator (NIOSH approved) and proper containment and cleanup. For more information, call the National Lead Information Center at 1-800-424-LEAD (in US) or contact your local health authority.*

## **STEP 2 – ASSEMBLE THE CUBBIES**

Size and assemble 1/2-inch-by-6 boards to create the cubbies using wood glue and finish nails. You can use my cut list on House one, though the size of the cubbies may vary based on the size of your headboard.

## **STEP 3 – APPLY THE PRIMER**

Now it's time to apply the Sherwin William's Extreme Bond Primer to the headboard and cubbies. I like to first roll the flat section with a roller. Once the flat sections are coated, prime the details using a brush. I'm also blending the areas where the brush strokes meet the sections I rolled with slightly dryer brush and very light strokes. I'll also apply a coat of primer to the cubbies. Once the primer is dry, lightly sand smooth with the sanding sponge.

## **STEP 4 – APPLY THE PAINT WITH A ROLLER**

It's finally time to apply the paint. Begin by filling the paint tray. Load the roller in the paint tray until evenly coated. Apply paint to the flat sections of the headboard.

## **STEP 5 – APPLY THE PAINT WITH A BRUSH**

Now use a brush to apply paint to the headboard's details. Apply a coat of paint to the cubbies using the paintbrush and roller. Once the paint is dry, you can lightly sand the finish with a sanding sponge and apply a second coat, if necessary.

## **STEP 6 – MOUNT THE CUBBIES**

Finish by securing the cubbies to the headboard with screws.