

Thriving Kind Module 2 - Dropping Roots

Materials Needed:

- watercolor set
- paintbrush
- watercolor paper
- black acrylic paint
- cup of water

Part One - Watercolor Background:

1. Create a horizon line by choosing a color, adding water to mix up your paint, and painting a line across the paper. You can create flat land, purple hills, green grass, dry yellow rushes - there is no wrong choice here.



2. Fill in the area below your horizon line, then begin to work on your sky. I have chosen a setting sun in this image, but yours could be a night sky or a sky of white puffy clouds. I recommend leaving a space between different areas of color so that the watercolor doesn't bleed into other areas - we can fill in these spaces later.



3. Continue painting your sky.



Part Two: Tammy Mindfulness Practice ~ 10 minutes

Part Three: Creating Your Tree

4. Using acrylic paint, create the trunk of your tree. What kind of tree it is - is it a cypress, pine,

oak, or willow? It can be centered or off to the side.



5. Create a few main branches coming off of your trunk.



6. Fill in the silhouette of your tree and create some roots. You can paint only what can be seen above ground, or you can paint the roots that hold the tree in place, deep in the earth.



7. Begin painting your branches, getting smaller each time they break away from the branch before them.



8. Paint your smallest branches.



9. With your tree silhouette complete, you may want to add in details or texture to your ground in watercolor again. You might also use acrylic to add leaves to your tree's silhouette.

