Thriving Kind Module 3 - Fresh Horizons

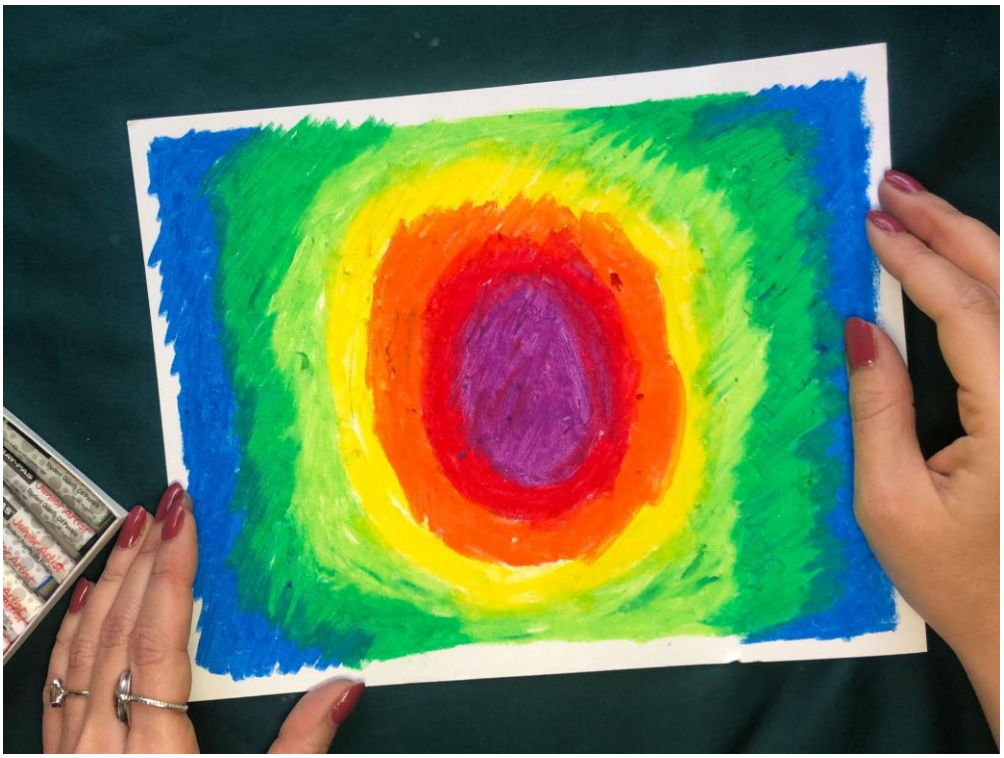
Materials Needed:
- watercolor paper or cardstock
- oil pastels
- a small container of black acrylic paint
- a few drops of dish soap
- a scratch tool - mechanical pencil, toothpick, or scratch art tool

Introduction to Theme by Tammy (~10 minutes)

Part One - Creating a Field of Color:

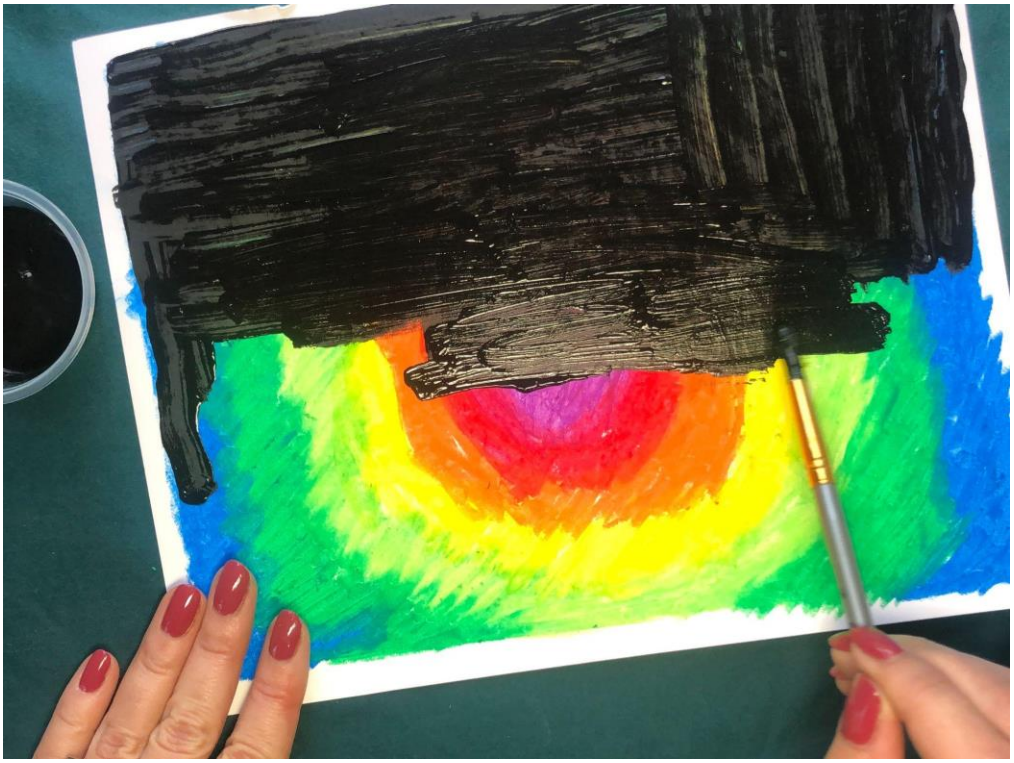
1. Use your oil pastels to create an area of color on your paper. You could use a single color, create a pattern, a rainbow, or starburst effect. Oil pastels are excellent at blending and blend best in color wheel or rainbow order - blues blend well with greens and purples, oranges blend well into reds and yellows. Make sure to use enough pressure that you have a solid coating of oil pastel without a lot of white specks showing through.

2. Once your image is full, shake off any bits of oil pastel on your piece before the next step.



3. Add a couple drops of dish or hand soap to your acrylic paint and stir. This will help the acrylic paint “float” above the oil pastel and be easier to scratch off.

4. Begin coating your piece as thinly as possible - a thick coat of paint will take much longer to dry.



Part Two: Tammy Mindfulness Practice ~ 15-20 minutes

Part Three: Digging Into Your Scratchboard

5. Using your scratching tool (I am using a mechanical pencil without lead here), press into the paint to reveal the bright oil pastel below. You can scratch out thick or thin areas, and any mistakes your make in this process can be easily fixed by touching your piece up with black paint at the end.

6. You may want to shake off the dried paint as it is removed and wipe off the tip of your scratching tool as you work.

7. Consider making some lines or areas thicker to stand out, or perhaps add pattern in areas

between objects.