

Thriving Kind Module 4 - Ch-ch-ch-ch-Changes

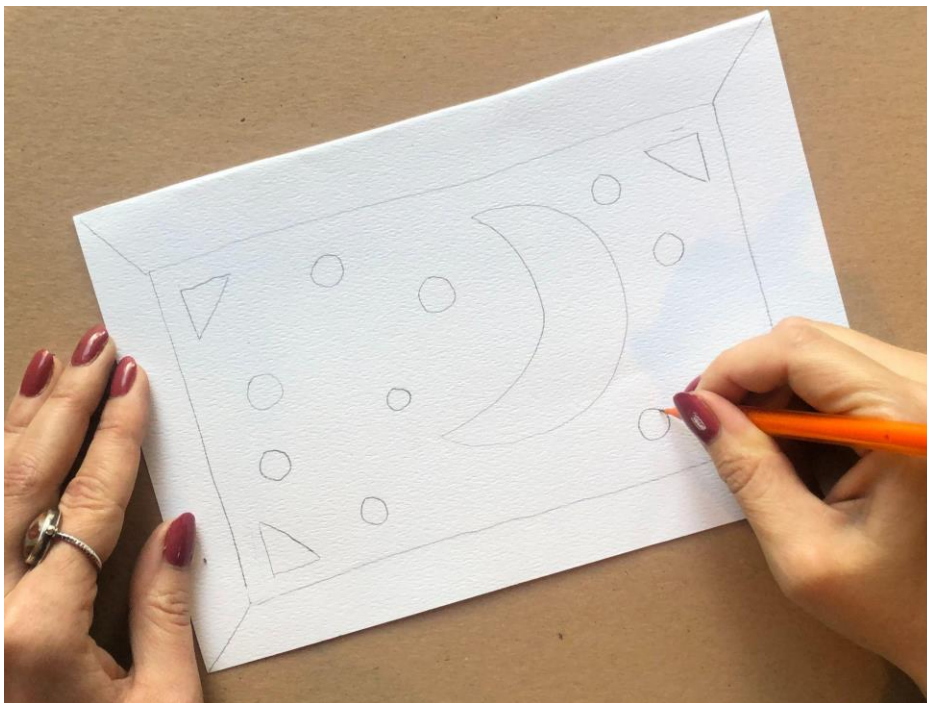
Materials Needed:

- watercolor paper
- a pencil
- black glue bottle (or regular glue with black acrylic paint)
- a set of watercolors
- a brush, paper towel, and cup of water

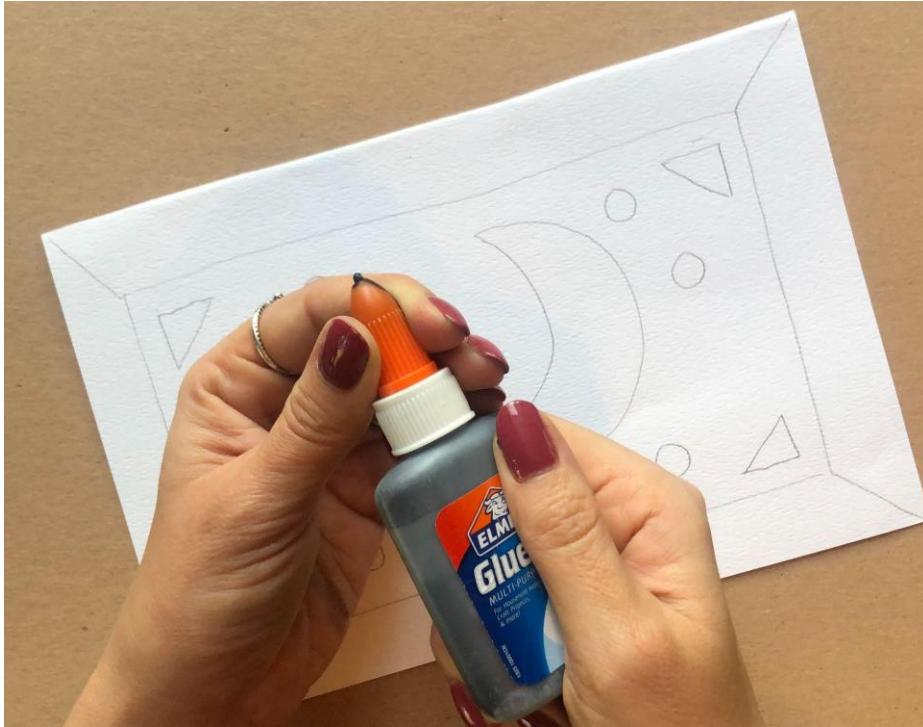
Introduction to Theme by Tammy (~10 minutes)

Part One - Creating a design inspired by Stained Glass:

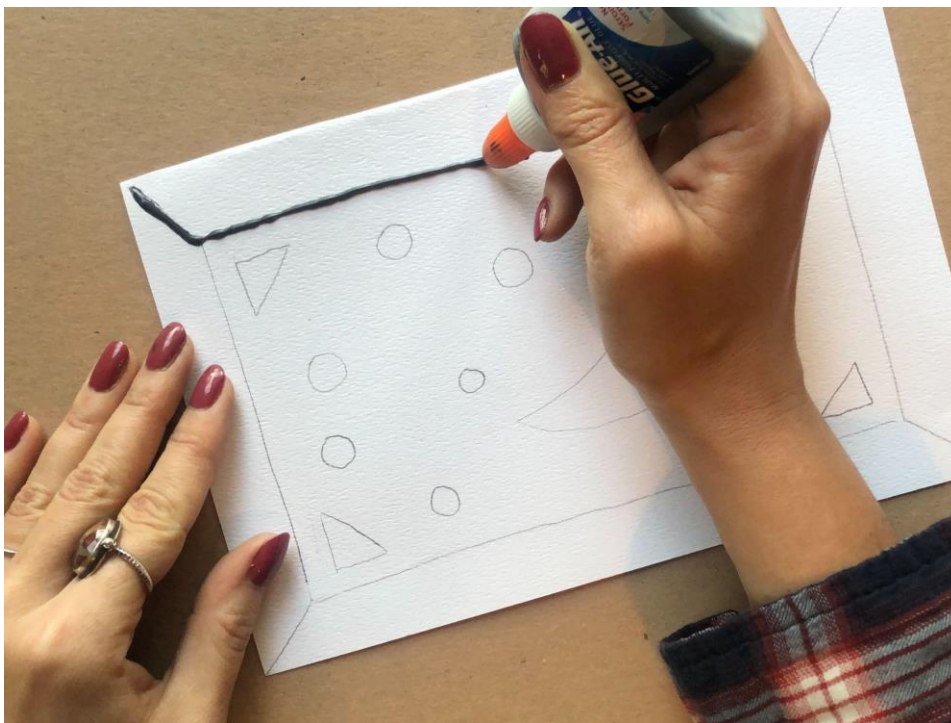
1. Inspired by concepts of change and metamorphosis, create a simple design in pencil on your piece of watercolor paper. Transformation comes in all forms, from phases of the moon, a sunrise or sunset, the shifting of seasons, or the emergence of a butterfly from a chrysalis. Because our designs will be traced with glue, simple drawings with lots of space between elements work better than drawings with lots of small detail.



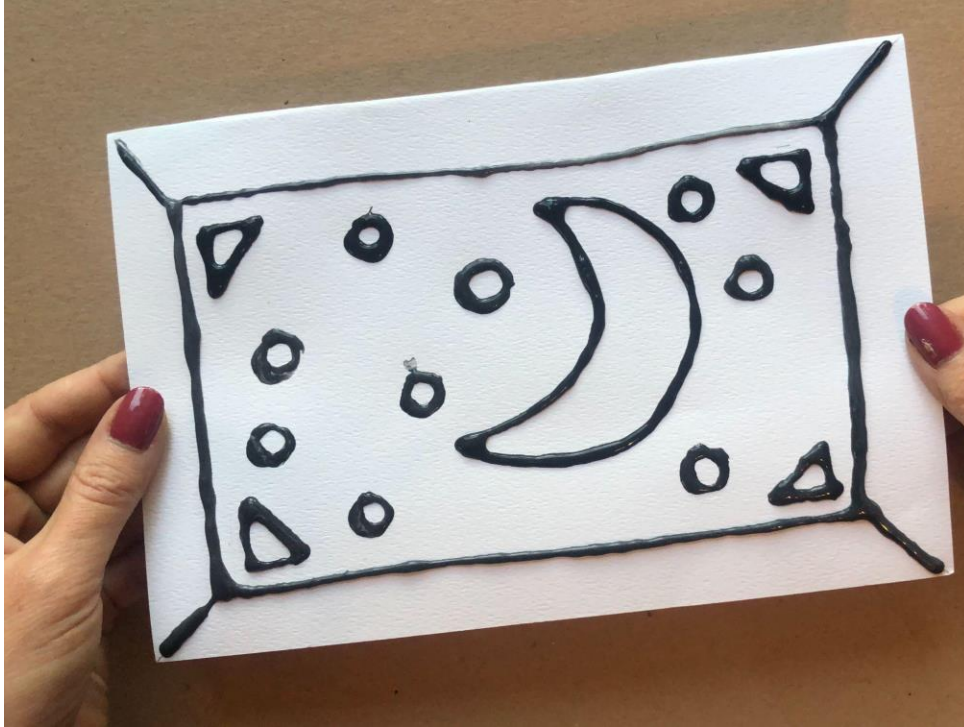
2. While bottles of black glue are available online, it's easy to make your own. If you have a small glue bottle, open the cap, pour out about a third of the glue, and refill it with black acrylic paint. Use the end of a small paintbrush to stir thoroughly and replace the cap. We will use it to imitate the leading of stained glass.



3. Going very slowly, create a steady, thin outline over your pencil lines. It won't be perfectly even, but just keep going slowly and thoughtfully.



4. It helps to start your outlining from top to bottom or to start in the center and work outwards instead of working from the outside in - it is easy to smudge your wet glue.



Part Two: Tammy Mindfulness Practice ~ 20 minutes

Part Three: Adding Color

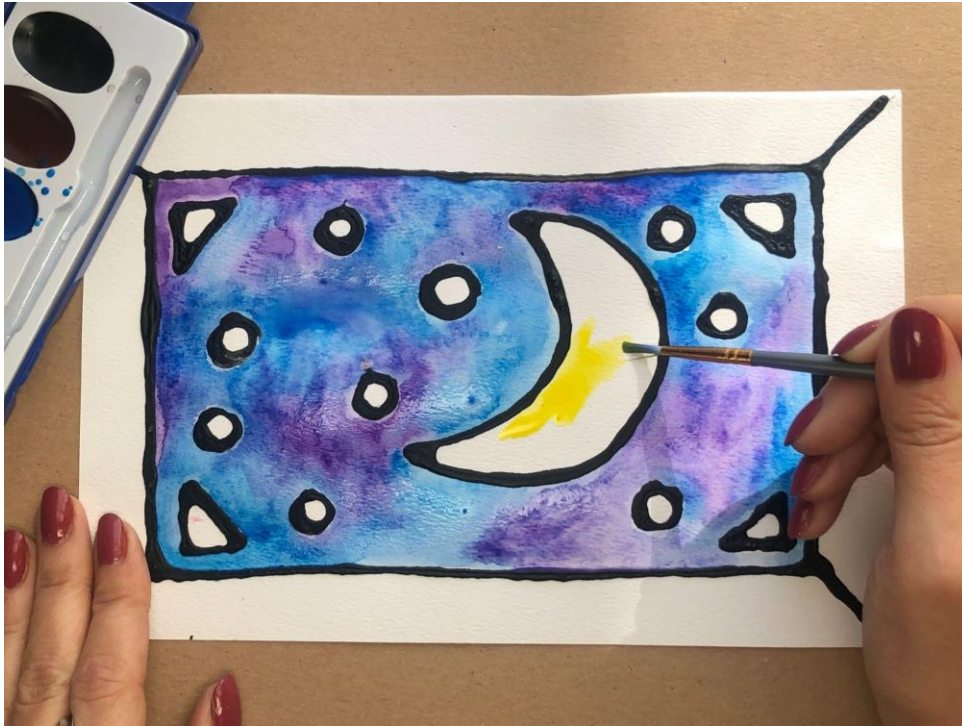
5. Set up your watercolors, brush, paper towel, and cup of water and make sure your glue is mostly dry before you paint. Make sure to add lots of water to the paint you want to use and swirl it around a few times to mix up the color. Between colors, rinse in your cup of water.



6. One way to emulate stained glass with watercolor is to blend two colors together in the same area. This works best with colors next to each other on the color wheel, like purple and blue, yellow and green, or red and orange.



7. Because the glue creates a barrier between the different sections in your painting, you don't have to worry about colors mixing across your glue outlines.



8. Finish your painting and allow it to dry!

