

Thriving Kind Module 5 - Exploring the Inner & Outer Landscape Pt 1

Materials Needed:

- a box with a lid (wooden, paper mache, or cardboard boxes will work well)
- paint brush
- acrylic paints
- glue
- scissors
- collage materials (magazines, ticket stubs, old cards or wrapping paper, etc.)

Introduction to Theme by Tammy (~10 minutes)

Part One - Creating a Field of Color:

1. Use your acrylic paint to create a layer of color on the inside of your box and lid. If your paint is not in an easy-to-use container like a cup, a piece of glossy magazine paper works well as a palette. You may choose to use just one color or as many as you like.



2. Depending on your paint, color, and the box you are using, you may want to consider a second or third coat of paint to create a solid base. When you are finished painting, wash your brush with soap and water.



Part Two: Inner Landscape Practice by Tammy

Part Three: Collaging

3. Gather your collage materials, glue, paint brush, scissors, and box.



4. Begin gathering collage materials that speak to your inner landscape. These could be representational elements like words, locations, plants, or animals - or more abstract elements like patterns, colors, and textures.



5. Spend some time arranging your elements and “trying on” different layers and combinations before you begin gluing. Think about what will go towards the back of your collage (glued first) versus what will pop to the front (glued last).



6. When it comes to gluing your collage, it can be helpful to squeeze a little glue from your bottle and use a paintbrush to spread a thin layer onto your collage material.



7: Construct your collage! You might want to consider the sides of your box and lid interior. You can always come back and embellish with acrylic paints, and if you want to seal your box and lid you can use a product like Mod Podge in a well ventilated area.

