

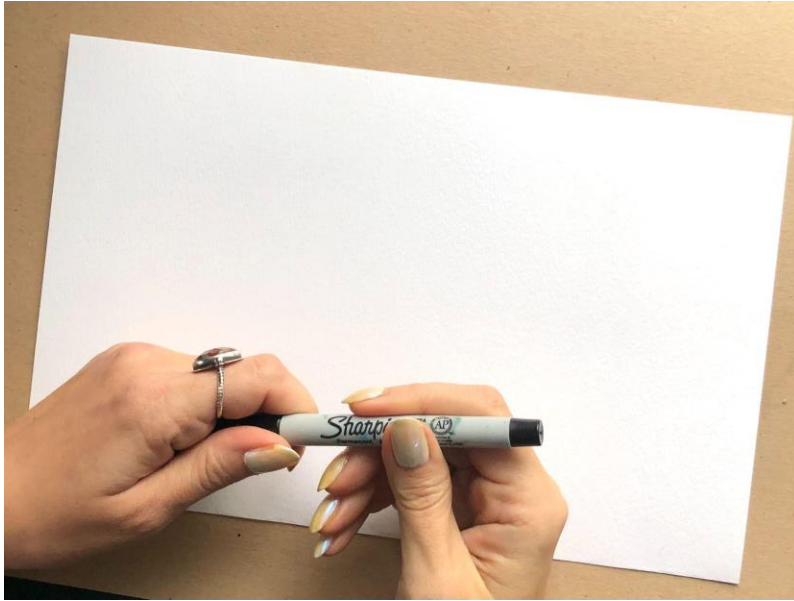
# Thriving Kind Module 7 - In the Groove Pt 1

Materials Needed:

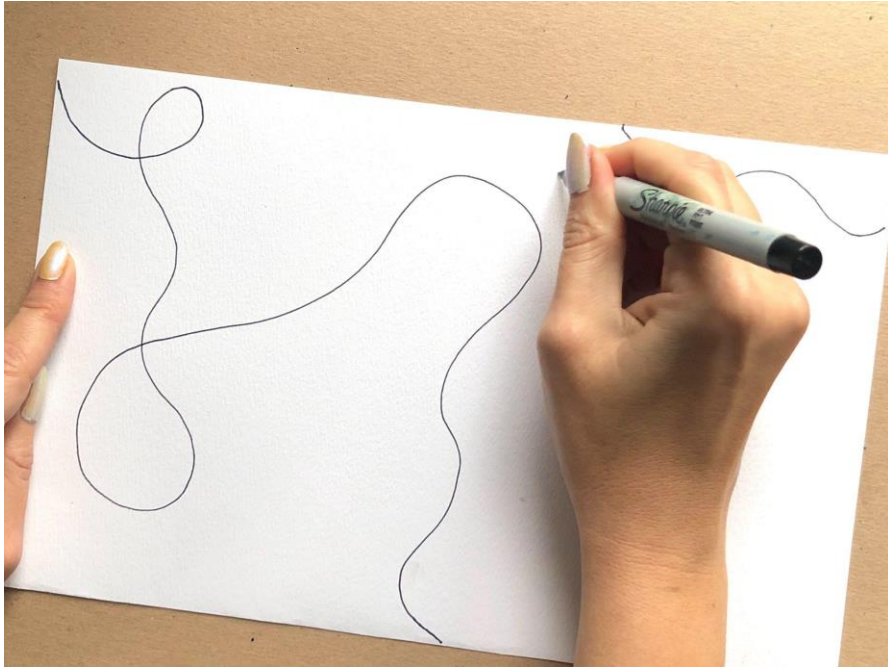
- one piece of watercolor paper
- a fine tipped permanent marker or other waterproof felt tip pen

## Introduction & Practice by Tammy

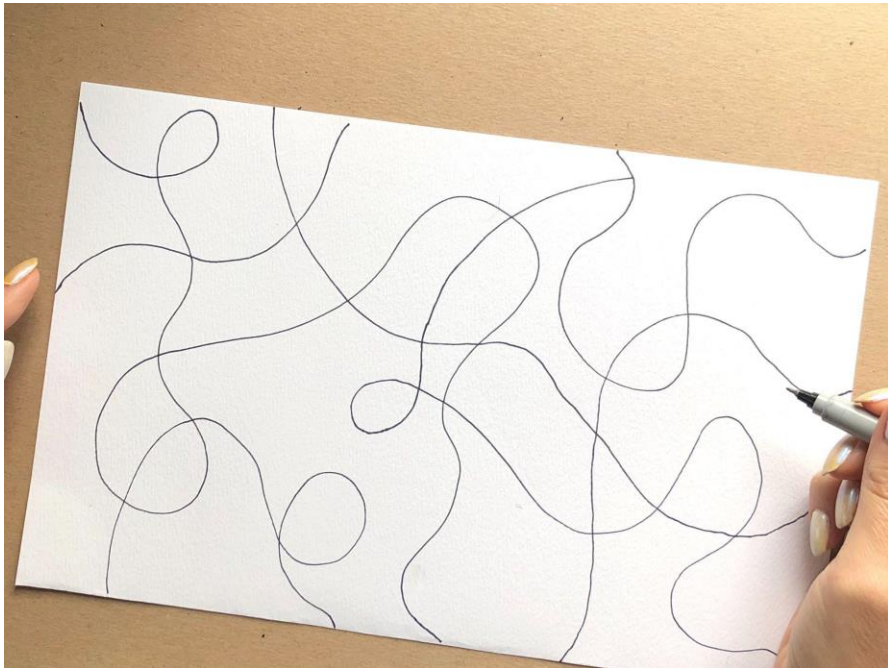
1. Gather your marker and watercolor paper. Any size or shape of paper will work for this project.



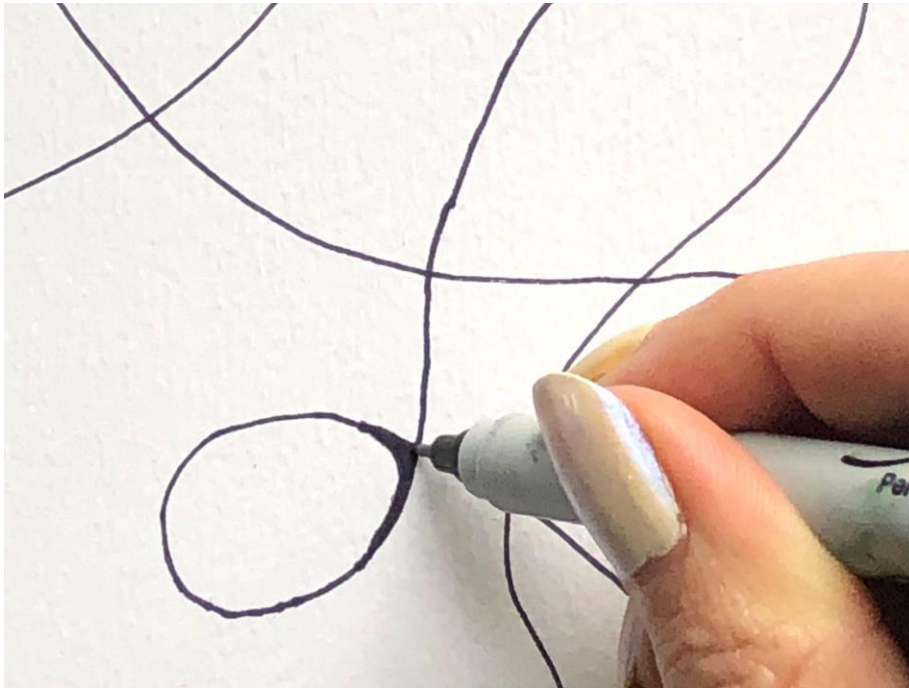
2. Starting at one of the corners of your page, create a flowing, looping line to an edge of your paper. Create additional lines, flowing and connecting from one edge of the paper to another.



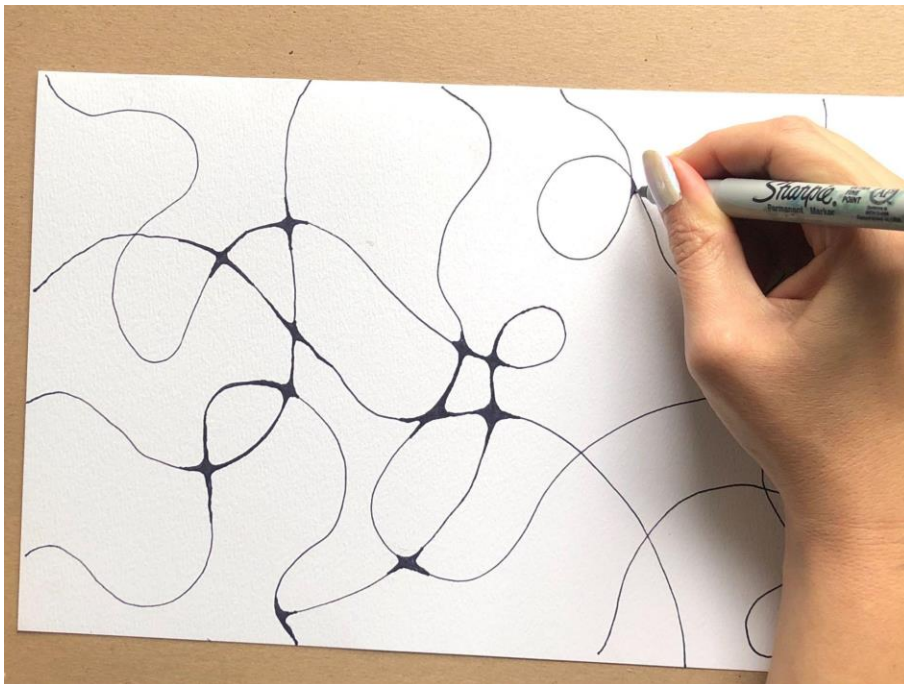
3. Continue to fill your paper with looping lines, creating new connection points as your lines overlap one another.



5. At each intersection of your lines, use your pen to round out and soften the angles created where the lines meet.



7: Continue to round out your angles, and consider thickening some areas on your line drawings to create a more dynamic visual quality.



8: Continue to fill the space until all the angles at your line intersections are rounded, then consider softening the edges where the lines meet the edge of the page.

