

Thriving Kind Module 8 - In the Groove Pt 2

Materials Needed:

- watercolor paper from In the Groove Pt 1
- watercolor paint set
- brush
- paper towel
- cup of water
- paintbrush

Introduction & Practice by Tammy

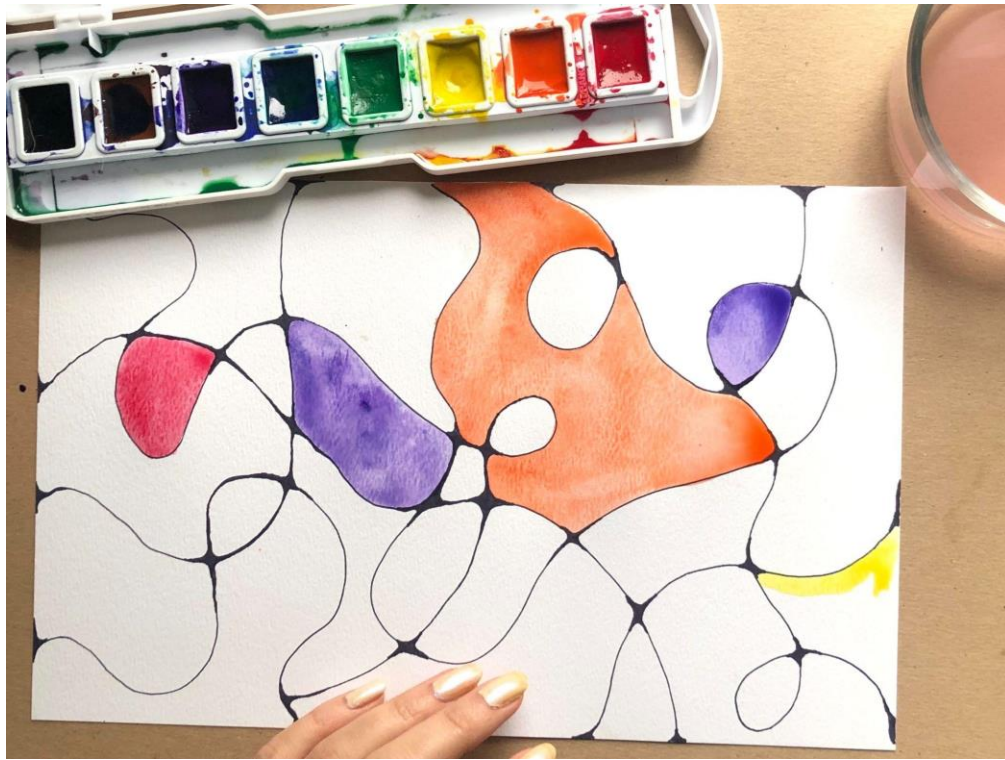
1. Feel free to approach this project in any way you feel called to - while this example shows separate colors in each area created by the intersecting lines, you may wish to paint right across your lines to create a more cohesive painting. To begin painting, choose your first color and add water by dipping your brush into your water cup and mixing it along the surface of the watercolor pan. You will paint with the watery paint on the surface of the color, and you can always add more water to lighten a color or stir your brush in a little more for a more vibrant color.



2. Begin painting. To change colors, just stir your brush along the bottom of your cup and mix water into your next color.



3. If you are using multiple colors and you don't want them to mix into one another, consider moving around your painting to give each section a moment to dry. If you want to create blends of colors, think of the rainbow or color wheel - colors next to one another (like yellow, orange, and red) will create beautiful gradients of color, while opposite or complementary colors (like orange and blue or red and green) will create shades of brown where they meet. You can always carefully blot your paper with a paper towel if you make a mistake or drip one color into another.



5. Finish your painting! To add some additional dimension, you may enjoy using crayon or colored pencil to add shading in each section around the pen lines.

