

## Cascading Petals

### Materials Needed:

- Watercolor paper (2 pieces)
- Watercolor set
- Paint brush
- Pencil
- Cup of water
- Paper towel
- Black pen or marker

**Part One – Watercolor practice:** 1. Wet the watercolor paint color of your choosing by dipping your paintbrush into water and mixing it with the watercolor. We will be working with different ratios of water and watercolor paint, so be sure there is enough wet paint to work with. Clean your brush with water and dip it once more into the watercolor.

2. On a spare sheet of watercolor paper, practice making tear drop shapes with the paint and using different amounts of water vs. paint. These will be your flower petals.

Tip: Adding more water to the paint will create a more transparent, lighter shade of petals. Vice versa, adding more paint to the petals will create more opaque shades. This will create a gradient as you paint more and more petals.



### Part Two – Mindful Moment with Tammy

Ten thousand flowers in spring, the moon in autumn

A cool breeze in summer, snow in winter.

If your mind isn't clouded by unnecessary things,

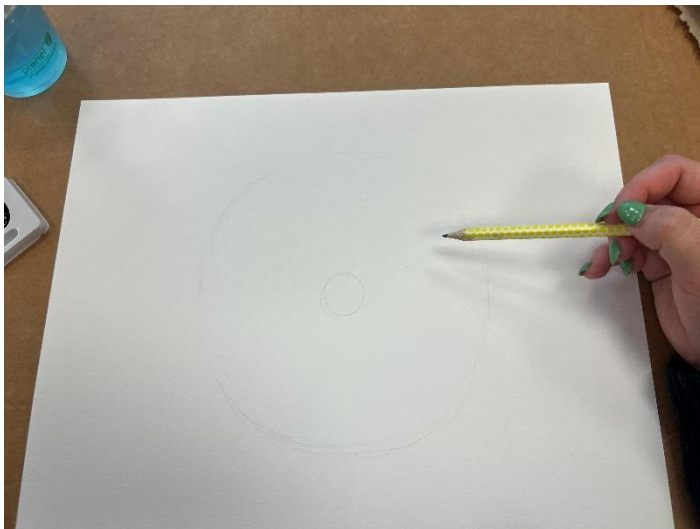
This is the best season of your life.

-Wu-Men (1183 -1260)

As you move through this art-making experience, see if you can stay present with the simple quality of enjoying the moment as referenced in this poem. If your mind drifts off into thinking, planning, remembering, see if you can come back to noticing and appreciating the colors you are laying down on paper, to the felt sense of the movement of the brush in your hand, to the creative process unfolding before your eyes. It may be helpful to occasionally pause and take a few mindful breaths to support you in becoming more present. And most importantly, enjoy!

### **Part Three – Create your petals:**

1. Trace two circles in the middle of your other piece of watercolor paper, with one circle being smaller than the other. This will be the framework for your flower and will help you keep a consistent size for the petals as you turn your paper.



2. Beginning with the lightest shade of watercolor (using more water and less paint to create a lighter shade), paint a circular row of petals that end at the edge of the larger circle. Leave space for more petals moving towards the center of the circle.



3. When your first row of petals is dry, add more paint to your watercolor ratio and paint another row of petals, leaving some of the first row still visible. Try painting slowly and mindfully as you make your way around the circle. Allow each row of petals to dry completely before moving on to the next row.



4. Continue adding petals until the center is full and the petals are touching. You can then add the middle of your flower with a black pen or marker to complete your painting.

