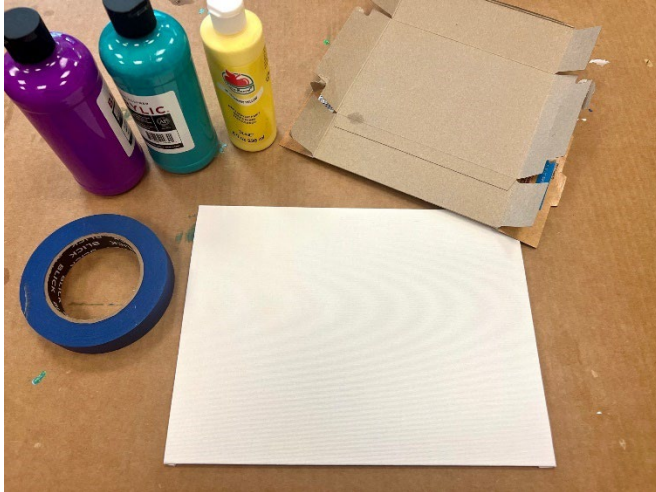


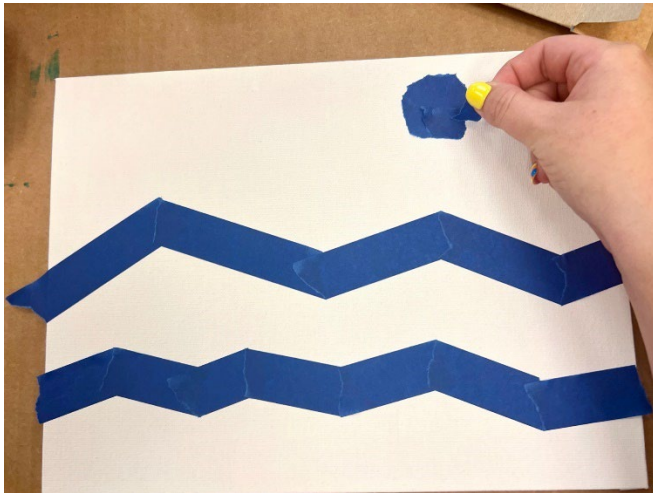
Free Flow

Materials Needed:

- Acrylic paint
- Cardboard or paper plate
- Canvas
- Painter's tape
- Sharpie/felt-tipped marker



Part 1: Tape – Create a pattern on your canvas with pieces of painter's tape. You can simply make lines across the canvas, or create more intricate designs by cutting or tearing the tape and placing it to make different shapes.



Part 2: Paint

1. Drop different colors of acrylic paint in a line onto one side of your canvas.



2. Use your piece of cardboard to drag or scrape the paint drops across the canvas and over your taped design.

Part 3: Remove the Tape – Expose your design by removing the painter's tape while the paint is still wet. Use tweezers or a scraping tool to remove the smaller bits of tape, being careful not to disturb the wet paint. Let your paint dry while you read the mindful moment with Tammy below.



Part 4: Mindful Moment with Tammy

Take a moment to read and reflect on this poem by Mary Oliver. Then, before you continue with your art-making project, see if it inspires any words, phrases, or images that you might want to incorporate into your piece related to your sense of being fully alive.

The Summer Day

Who made the world?
Who made the swan, and the black bear?
Who made the grasshopper?
This grasshopper, I mean —
the one who has flung herself out of the grass,
the one who is eating sugar out of my hand,
who is moving her jaws back and forth instead of up and down —
who is gazing around with her enormous and complicated eyes.
Now she lifts her pale forearms and thoroughly washes her face.
Now she snaps her wings open, and floats away.
I don't know exactly what a prayer is.
I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll through the fields,
which is what I have been doing all day.
Tell me, what else should I have done?
Doesn't everything die at last, and too soon?
Tell me, what is it you plan to do
with your one wild and precious life?

Part 5: Complete your design – Use your sharpie to add designs in the negative spaces of your painting. These can be flourishes, leaves, words and phrases, or any other additions you'd like to add to create interest.

