

Thriving Kind Module 33 - The Phoenix, Fire, & Transformation Pt 1

Materials Needed:

- wooden disc or circular cardstock paper
- acrylic paint set
- paintbrush
- a cup of water
- paper towel

Introduction & Practice by Tammy

As you move through this art practice, I encourage you to work with the spirit of the instructions here and not to feel constrained by the example presented here. Feel free to create a piece that connects to your experience of the mindfulness practice in this module - we are always impressed in the different directions our Thriving Kind participants take in their art practice.

1. Gather your supplies, keep a cup of water and a paper towel handy, and get ready to begin. In this example I will be using a wooden disc, as I will be using mosaic tiles in the second part of this module and they require a sturdy base. If you do not have access to mosaic tiles and plan on using collage elements in your piece, you can follow the same instructions below using a circular piece of sturdy paper.



2. Before painting, consider your palette. I have chosen to use warm and neutral colors in this piece - yellow, orange, red, white, and black, but you may bring in other colors that remind you

of fire, such as ash gray or a flame blue.

We will be making a series of concentric circles with acrylic in this piece. I am starting here with black acrylic in the center, but you can create your innermost circle off to the side as well. Before changing colors, wash your brush in your cup of water and dry it before moving to the next step.



3. Create your next layer. You can create a simple circle around your innermost circle, or you can create a flame-shaped ring as shown in my example. As I work to fill my disk with color, I am making sure to leave some large solid areas of color to fill with mosaic tile in the second part of this activity.



4. Here I have filled in my second ring of color, creating a blazing-red ring around a coal-black center. A second coat may be necessary to make your acrylic have a solid coating.



5. I am working outwards, painting orange flames around the red. Turning the disk as I paint and working from the inside out helps keep me from smudging the edges.



6. Here I am filling the negative spaces between the red and orange with yellow. A slightly smaller brush can help you paint around the pointed shapes of flames more easily.



7. Working with a limited color palette can allow you to focus more on mindfulness and the quality of your brush handling. Here I am beginning to add more orange and red to create a composition that feels balanced to me.



8. If you are painting a disc, consider painting the edges. Spend as much time as you need applying second coats on areas that feel a little streaky - all paint colors behave differently and some are less opaque than others.



9. Your piece should only take ten or fifteen minutes to dry. For another example of a very different painting from the same prompt, look at the last photo on the second module of this activity. Each artist will approach this prompt differently.

