

Thriving Kind Module 35 - The Phoenix, Fire, & Transformation Pt 2

Materials Needed:

- painted wooden disc or circular cardstock paper
- liquid glue
- mosaic tiles or cut paper shapes in warm colors

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, and make sure that your mosaic tiles or cut paper shapes are upright so you can see the colors, shapes, and textures you are working with.



2. Setting and organizing your tiles in this project feels a bit like working on a puzzle with no picture - your intuition is your guide. The next few images are just a documentation of my process for trying out and spacing my tiles over my painting. I look at how the color of the tiles interplay with one another and with the painting below it as I lay them out and consider how the piece is taking shape.



3. I am not gluing the tiles here, just trying them out in each space to see how they look. If you want to create a design with radial symmetry, it can help to space out four tiles in each direction before filling in the spaces between them.



4. I am thinking carefully about where to place my tiles over the painting, and where to allow the painting to shine through beneath.



5. When you are satisfied with your design, work from the center outwards to glue each piece. Lift the individual piece, add a generous amount of glue, and press it back into its spot. Working from the center out will help you avoid bumping into the glued tiles as the glue sets.



6. Some glue will overflow when you press the tile back on, but will dry clear. Excess glue can also be carefully wiped with a paper towel.



7. Here are two completed examples of the project with very different outcomes - both perfect

takes on the mindfulness theme from this project!

