

Thriving Kind Module 36 - Making Your Nest Pt 1

Materials Needed:

- wooden birdhouse
- acrylic paint set
- small paint brushes
- 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. Collect your birdhouse, paints, brushes, water, and paper towels. A note: painting three dimensional objects can get messy, and acrylic paint is permanent - dress accordingly! It washes easily from hands with soap and water.



2. Before you get started painting, consider the themes that have arisen during your mindfulness practice. Sometimes a simple color palette can be very visually pleasing and allow for a lot of repetition. In our next module, we will use collaged paper and beads to add detail to our birdhouses, so not all parts of it need to be painted with lots of detail.

As you start to paint, consider the different elements of the birdhouse - the perch for landing, the entrance, the roof - and how you might use these as a jumping-off point in creating your design. I knew I wanted a simple four-color color palette with a warm, inviting entrance, so I started there first.



3. Some elements of your birdhouse might be very small - a thin brush loaded with paint can be the best way to paint small sections of trim. It is hard to keep paint off your hands as you turn and rotate your birdhouse, so keep that paper towel handy.



4. Repeating a color in multiple sections is one way to create visual harmony in your “nest.”



5. You may find you gravitate towards repeated elements, like the scalloped edges that I used in the design of my nest here. Alternatively, yours may have a wide variety of textures, patterns,

and designs.



6. Some colors may need a second coat to show up brightly over the wood. If you make a mistake with your paint, just let it dry for a few minutes and paint over it with your desired color - acrylic paint is very forgiving.



7. I wanted to create some larger spaces without design on the roof and back of my birdhouse for the second module of this activity, in which we are adding collage elements.



8. My nest is complete! You may wish to paint the bottom of your birdhouse if you plan to hang it somewhere in the future.

