

Thriving Kind Module 37 - Making Your Nest Pt 2

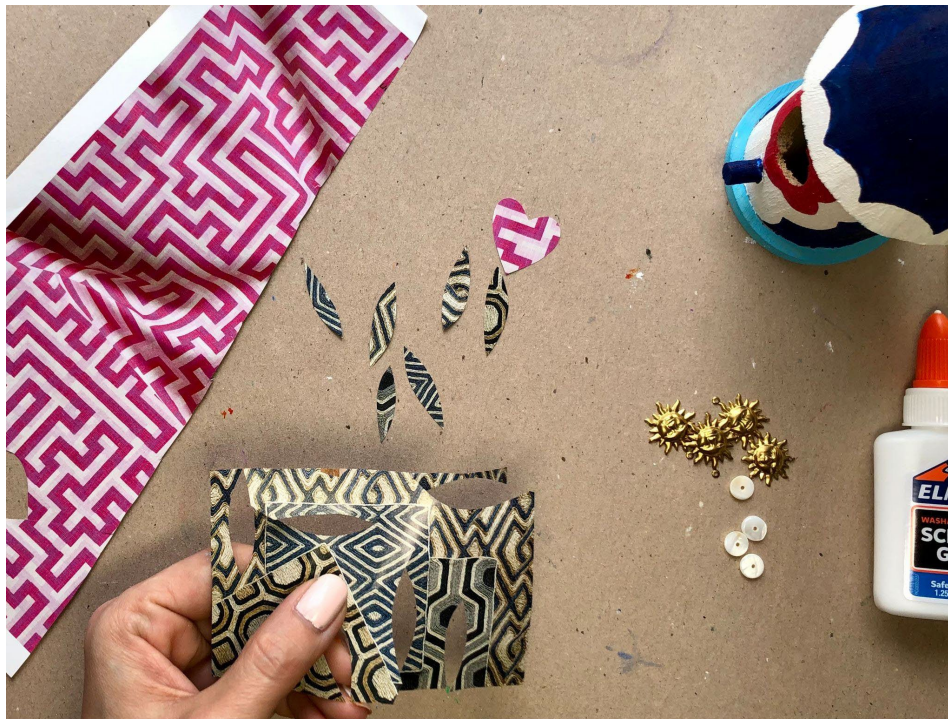
Materials Needed:

- painted wooden birdhouse
- liquid glue
- paint brush
- collage elements - paper, beads, etc.

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, liquid glue, paintbrush, and collage elements. Make sure that any items you are gluing onto your piece are very lightweight and thin for best results.



2. As always, consider this a loose guide and documentation of one artists' process to provide inspiration. I looked to the colors and themes from my mindfulness practice and work from my last module to guide me as I selected collage elements. I often gravitate towards textiles and patterns in the found paper I use in collage, while other people are drawn to specific images of animals, plants, words, or clouds.

With some of my shapes cut out, I add glue to the back of the first piece I'd like to glue.



3. Using a paint brush, I spread the glue evenly over the paper.



4. I hold the paper onto the birdhouse for 5-10 seconds to give the glue a moment to set. This is especially important for curved surfaces, as in my example.



5. With three dimensional elements, I use a lot of glue and work with gravity by holding the birdhouse glue-side-up for thirty seconds or so to let the glue set before wiping off some of the excess. Heavier items may slide once your birdhouse is upright, so keep an eye out for that.



6. I make sure each of my beads is fully glued down before adding the next.



7. With my cut paper, I like to create layers of texture and pull from the same colors and patterns across my piece.



8. With everything in place, dab off extra glue with a paper towel. If you want to create a shiny seal across the whole birdhouse, you can use a product like Mod Podge to seal it.

