

Thriving Kind Module 38 - The Wisdom of Water Pt 1

Materials Needed:

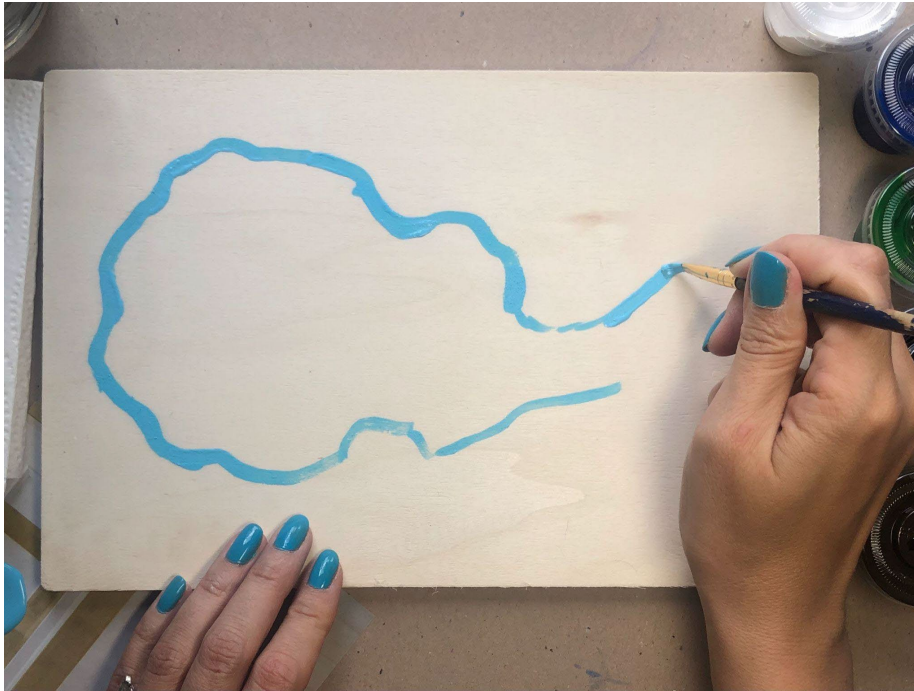
- wooden plaque or canvas
- acrylic paint set
- small paint brushes
- cup of water
- paper towel

Introduction & Practice by Tammy

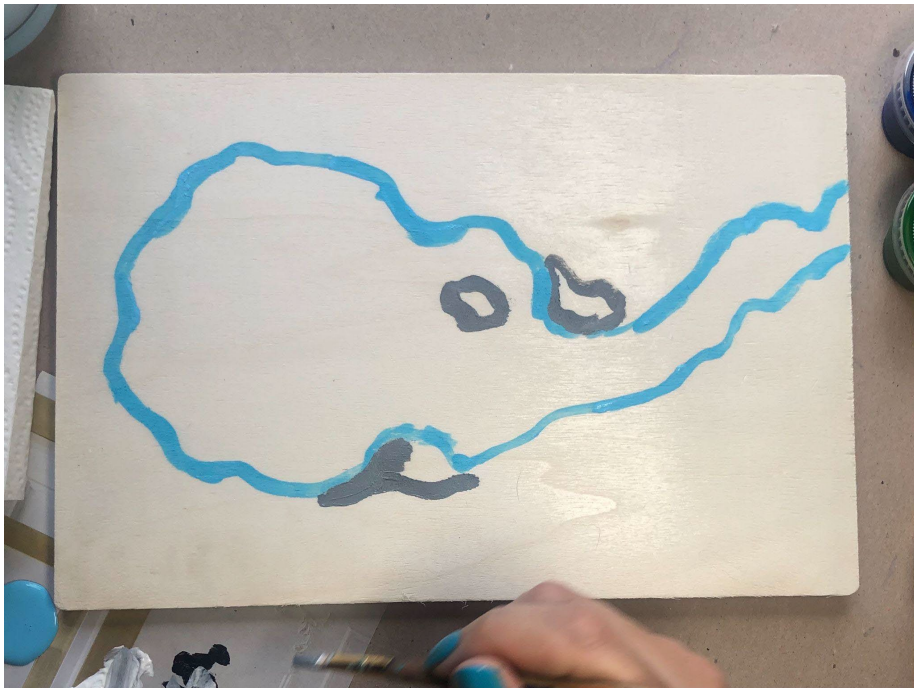
1. Collect your wooden plaque or canvas, paints, brushes, water, and paper towels. Remember the body of water - river, stream, spring, ocean, or waterfall - that you connected with in Tammy's practice. Consider if you'd rather paint a traditional landscape - sky, water, and perhaps land - or an aerial view. A reference image may be helpful to help you visualize the major shapes.



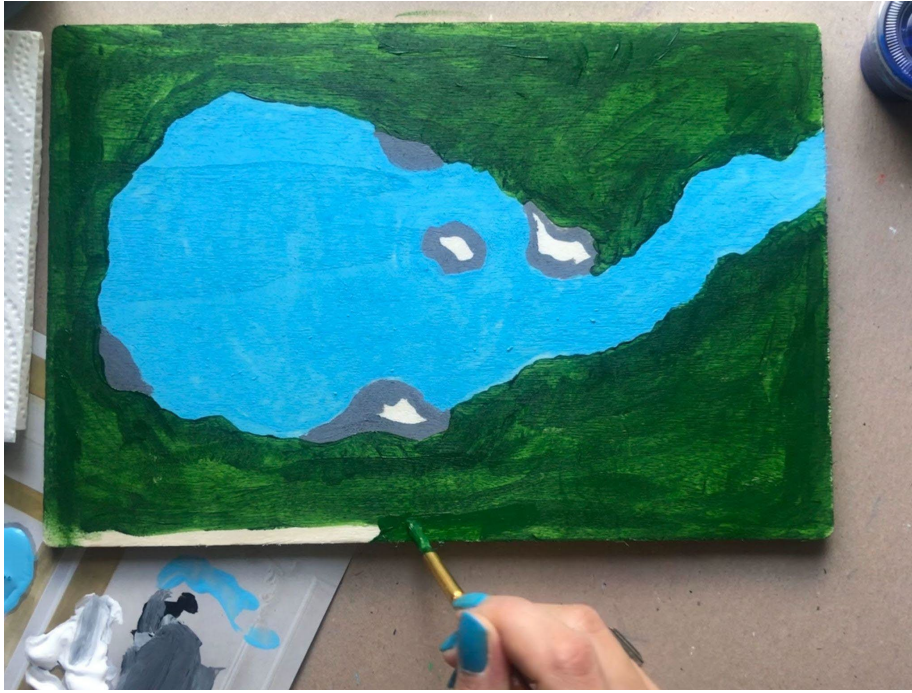
2. I recommend starting with your body of water first. In the second portion of this practice we will be covering the water in yarn to replicate the way the water ebbs and flows in this particular place, and I recommend making the area with water about 50% of your surface area. You can sketch directly with the paint or use a pencil to map out your area.



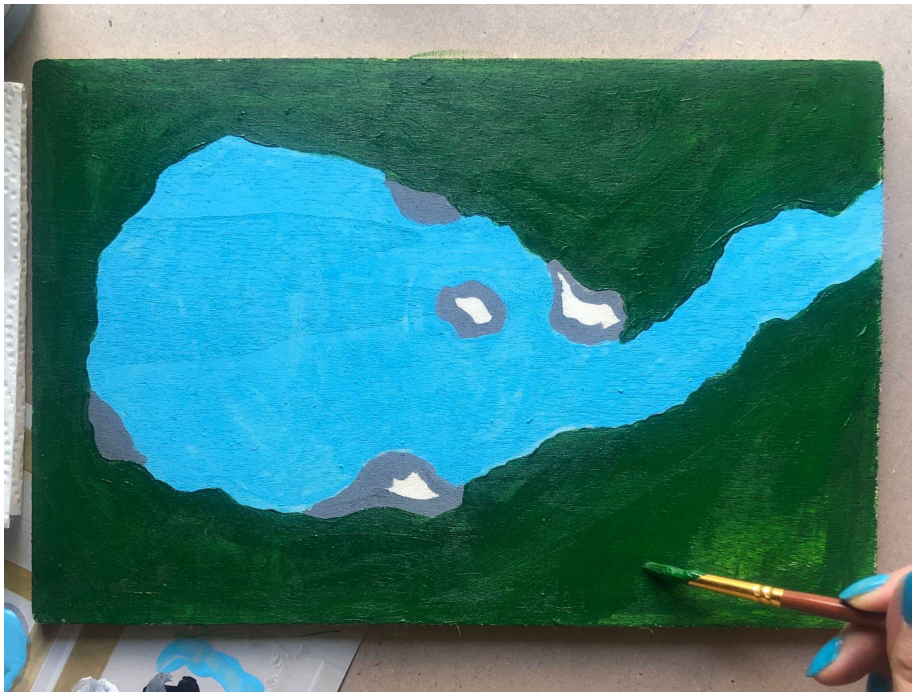
3. What surrounds the water? In this aerial view of the Florida springs, the limestone rocks that line the shore and the green woods that grow right up to the water's edge differentiate a spring from a regular beach or lake, as does the spring run that connects the water to other rivers. You don't need to get too bogged down here - the ocean might be bordered by sky or sand, or a marshy wetland might have areas of grass and mud.



4. If you don't have a lot of painting experience or feel intimidated by painting, you can paint simple, flat areas of color as I do in this demonstration. If you want to shade or add texture, feel free to experiment. Acrylic paint is very forgiving if you change your mind at any point in the process. A piece of glossy magazine paper makes a great palette for mixing paint to make shadows or highlights.



5. You may wish to add second coats of paint on areas that feel a little streaky.



6. When all of your spaces are filled, part one is complete! It's okay to keep it simple. If you are painting a plaque with raised sides, consider painting the sides of the plaque as well.

