

Housekeeping	Warm ups/ creativity	Mindfulness	Main Activity	Colour Theory	Conclusion	Workshop
<p>Go over what we are doing the structure of the workshop. This is your time to create what you want to, so if you are working on something that you find important or enjoyable and I've moved onto something else, just keep working on it. You are going to be asked to use your imagination. Creative visualisation be curious and playful use a water colour pencil as it works in the water more easily. Start with the colour red because it confident. Turn it into a ♡ imagine it going from a red blob and changing it shape slowly into a heart, now wet your paper start with a little bit of water and build it up till you are happy then do heart. The heart can be tall and skinny, long or short, however you imagined it</p>	<p>Use a water colour pencil to draw the shape of the heart. Wet brush on wet paper see the effect it makes a heart with wet paint on wet paper, don't worry if the paint runs, we are just experimenting, used the word loaded.. Load your paint brush a little bit or a lot, with a combination of water and paint actually I'm happier if your hearts not perfect you will notice your heart might what you call bleed, which I like to call escape and leave interesting veins of colour on the page 20 mins</p>	<p>Over the years I have learnt that painting calms the soul. We hear of it being used in different areas like returning servicemen with PTSD and people who want to improve there mental health</p> <p>Happiness talk about happiness, draw an imagine an animal you love, symbols or emojis, paint it in a colour you love or do week 2 (see week 2) Share your idea with the rest of the class</p>	<p>Use water colour pencils for each activity as graphite doesn't rub out.</p> <p>Lots of Balloon Layering Activity. Draw with a pencil balloons overlapping each other. Draw the background balloons first and colour them in the colour you want them colour (so paintbrush only loaded a little bit with paint and more with water) so the paint is see through and it mixes with the colour behind it. Do the same for the front balloons. Show example of the balloons. 45 mins</p>	<p>Read out info from workshop 1 about colour. See workshop 1 resources in folder. ask if they know what they are tints shades. Mix two colours together that you haven't mixed before and share with the class what colour you get. What are primary colours Red, yellow, blue</p> <p>Using a pencil divide your page into eight squares.</p> <p>Use each square for a colour.</p> <p>Mix two of your primary colours together to make a secondary colour. What colour did you get? How could you make the colour darker or lighter? See sheet in workshop 1. Make the colour darker or lighter. your colour. Hand out and explain 'colour basics'</p> <p>What are secondary colours Orange, violet green</p>	<p>Discuss what we have done, look at peoples individual work Talk about what we are doing next time Clean up.</p>	1

				Do a combination of lesson 1 and 2 if there is time 25 mins		
	Dry brush on dry paper see the effect it makes	Happiness: Draw symbols of the perfect day it can be symbols for example hearts or emojis smiles or an actual picture. Share the idea with the rest of the class	Use water colour pencils for each activity as graphite doesn't rub out Making an Island Wet and dry wash see workshop 2 notes and show picture.	Can you guess what colour you are going to get? Pick two colours and try and pick the outcome. Share with the class. Make up a name for your colour. Hand out and explain 'colour basics'		2
	Use water colour and swish string through it see what patterns you can make	Emotions: Draw and paint your emotions. Use colours and different shape or line that you are feeling at the moment.	Use water colour pencils for each activity as graphite doesn't rub out Under the Sea. Technique creating tone and form . See workshop 3 and show pictures. Brainstorm ideas for a n underwater pattern for example starfish, what can you find in a Rockpool? Low tide zone organisms include abalone, sea anemones, brown seaweed, chitons, crabs, green algae, hydroids, isopods, limpets, mussels, nudibranchs, small fish, sea cucumber, kelp, sea stars, sea urchins,	Pantone's Color of the Year is a vibrant start to 2019 Get ready to see "Living Coral" in your clothing, tech gadgets, home decor and more come 2019. The Pantone Color Institute recently announced its 2019 "Color of the Year," called Living Coral (16-1546). Since 2000, the Institute has chosen a "Color of the Year." Make the colour 'living coral research what a Pantone colour is and talk about it. Make living coral using your watercolours write down the colours you used like a recipe		3

			shrimp, snails, sponges, sea grass, tube worms, and whelks.			
	<p>Paint with tissue paper see how the watercolour works with the tissue paper</p> <p>Pick a paddle pop stick and use the word on the paddle pop stick to paint a feeling or an image</p>	<p>Emotions: Watercolour a stencil use colours and images you feel at the moment</p> <p>Relaxation: Colour this mandala Explain what a mandala is using mandala book. 'Art in my Heart'</p> <p>Quick Mandela</p> <p>The meaning of the word mandala in Sanskrit is circle. Mandala is a spiritual and ritual symbol in Hinduism and Buddhism, representing the universe. ... Mandalas have many uses apart from meditation as the the designs are meant to remove irritating thoughts and allow the creative mind to run free as well as relaxation. Nov 13, 2017 activity see page 18 'Art in my Heart' painting from the centre.</p>	<p>Use water colour pencils for each activity as graphite doesn't rub out Making a Rainbow. Graded Wash. see workshop 4 and show image</p> <p>Use water colour pencils for each activity as graphite doesn't rub out Draw a Mandela and watercolour it. Explain what Mandela's are and why they are calming.</p>	<p>Tertiary Colours using your tertiary colour sheet and showed tertiary sheet make tertiary colour theory</p> <p>Page 211 the new colour mixing companion on kindle. Make your favourite colour a little bit lighter each time do it in a circle for each one.</p>	4	5

	<p>Write down or draw some ideas for starting an art journal</p> <p><i>Water colour a night scene use blues and dark colours and blend them. Blend them using water do a demonstration. use dark blue and wet on dry or wet on wet.</i></p>	<p>Gratitude List: Draw things we are grateful for. Find out how this helps. Experiences, relationships, emotions doesn't have to be a thing. Best way to do this is to be in the moment. Thoughts about the past or future can make us feel anxious and we don't want anything to interrupt with the process. You don't want it to be long paragraphs just a couple of words or a word or pictures or picture. As way of extension You could also do one word and decorate it</p>	<p>Use water colour pencils for each activity as graphite doesn't rub out Using your warm up and mindfulness activities that you don't think you might use, cut them into triangles of roughly the same shape and size arrange them on your paper and glue them to make an abstract pic.</p> <p><i>Techniques Wet on wet Dry on dry Crepe paper two ways</i></p>	<p>Loc831 the new colour mixing companion. 'The Freud' Choose complimentary, tertiary or secondary colours. Fold your page in half on half of the page put your colours. Fold the other half of page into the colours and you should get a mirror image.</p>		<p>6</p>
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