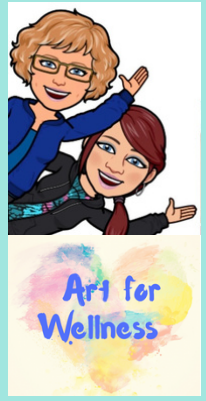


Art for Wellness



Inspired by Nature Tree 1



The tutorial is funded with thanks to sponsorship from The National Lottery Community Fund supporting the Art for Wellness project



Nature photos to Watercolour Art

On your travels or in the garden take photographs of nature that inspire you.

Something that catches your attention for its shape, colour, texture or just its general appearance.

Are you drawn to the view, does it intrigue, excites you or fills you with curiosity.

Tip: Take random pictures without a care often you see something in them at a later time that sparks your creativity.



Inspired by Nature

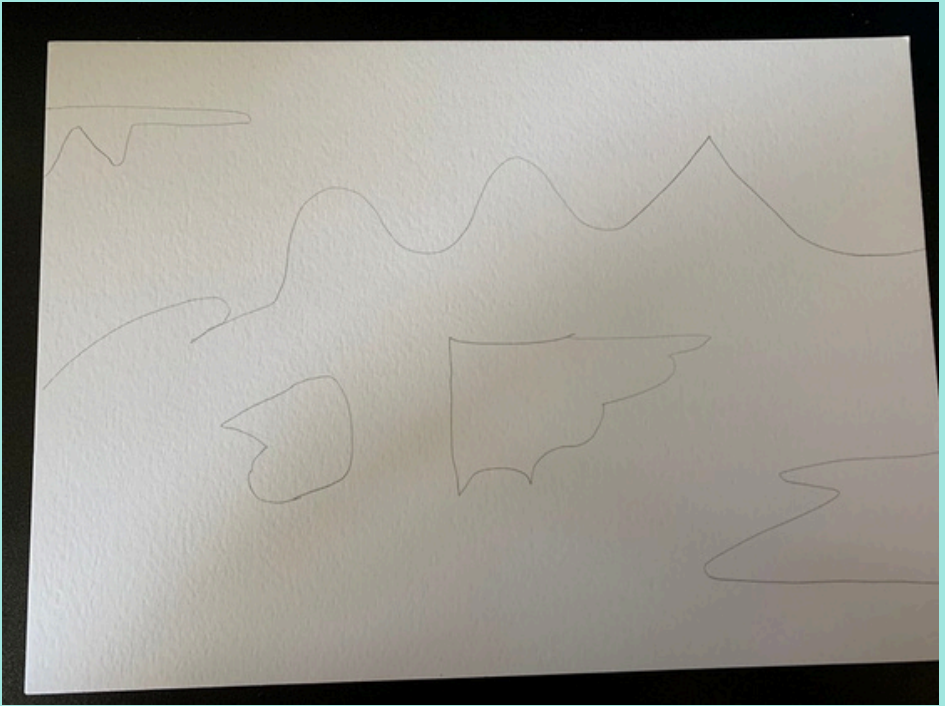
Materials You Need

Photo inspired picture

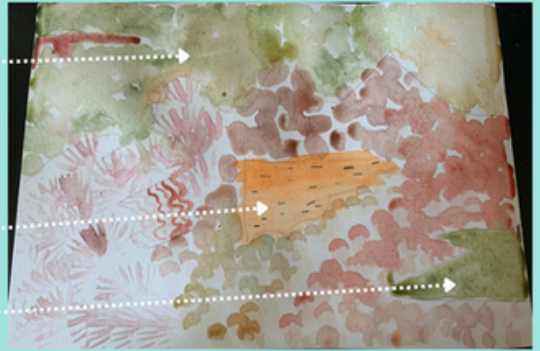
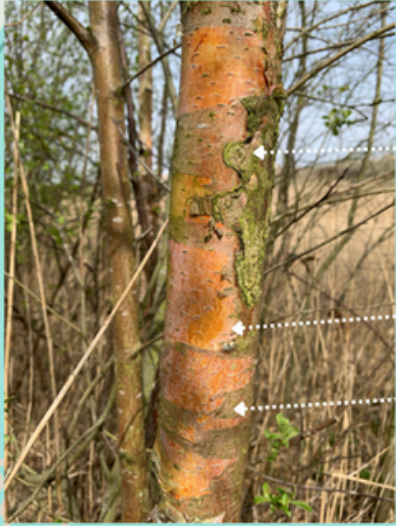


- Watercolour or mixed media paper (size A4)
- Watercolour paints
- roundhead paintbrushes
- other brushes
- Water
- HB pencil
-

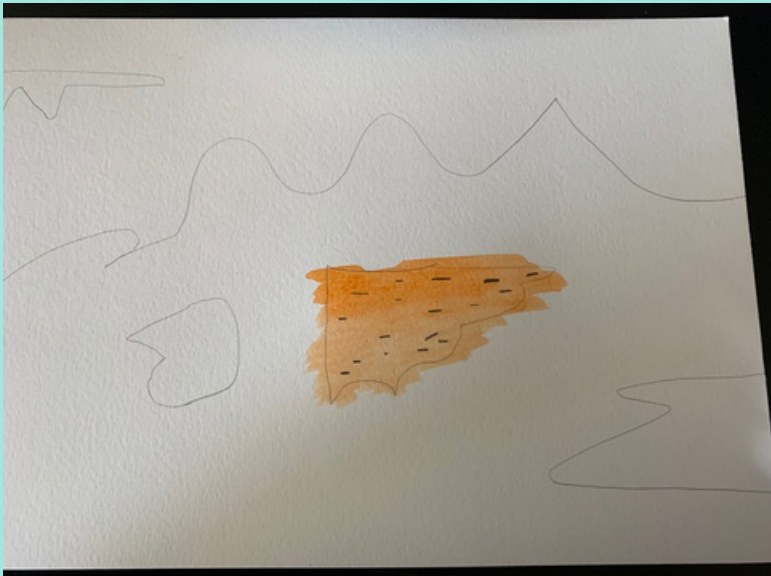
Firstly look at the picture and think about what you can see, what catches your attention:
for its shape,
colour,
texture
or just its general appearance.



Using a pencil sketch shapes on the page.



*To give you a rough idea where I
picked my shapes, colours and
textures*



Next using watercolour paint add onto the paper in anyway you like you dont even have to stay in the lines just be free with your painting.



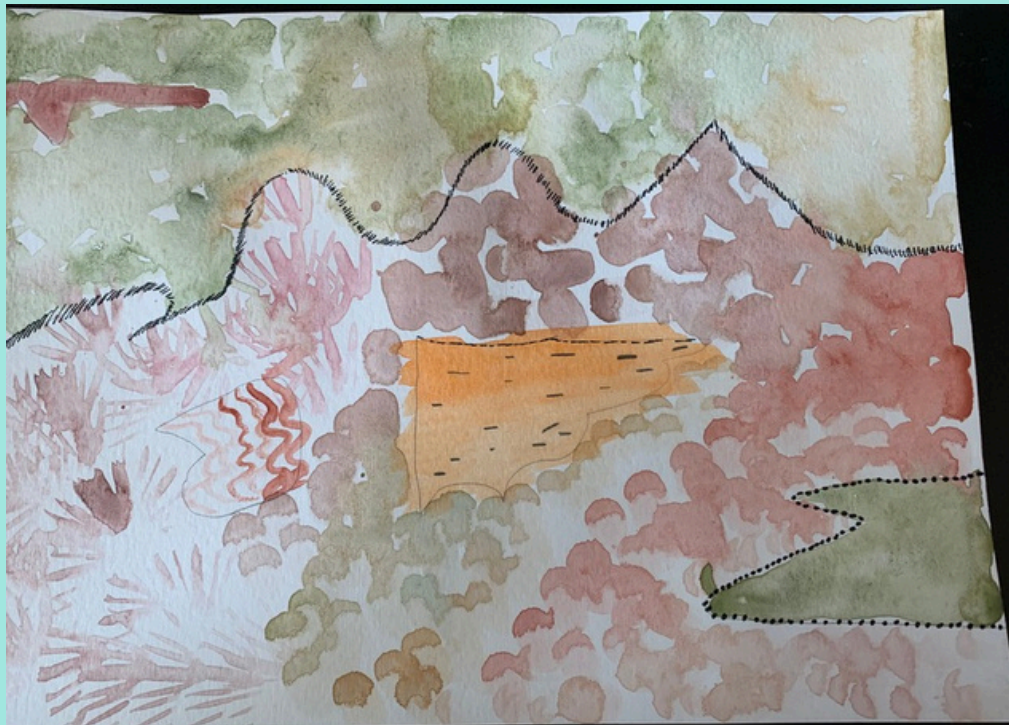
Using whatever brush shapes and sizes you have available.



Simply blob the paint and mix the colours till you are happy with the picture.

Using a black felt tip, or fineliner make marks on the paper to bring out areas with rough sketch lines.





Your final picture is not expected to be the same and that's how it should be.

Remember its your thoughts, feeling and expressions the things you take from a picture.



artforwellnesssic.co.uk



artforwellness with Debbie Crouch



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Therapeutic Art



*We're really happy to share the news
Art for Wellness project
will be supported by
National Lottery Awards for All.*

*Furthermore, it can also contribute to your
wellbeing and making friends,
thanks to National Lottery funding.*

The National Lottery Community Fund





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