# Art for Wellness


## Warrior Bird

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

# Warrior Bird

## Materials You Need

Watercolour or mixed media paper

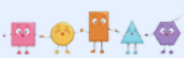
Watercolour pens or paints

Various roundhead paintbrushes

Water

HB pencil

Therapeutic Art

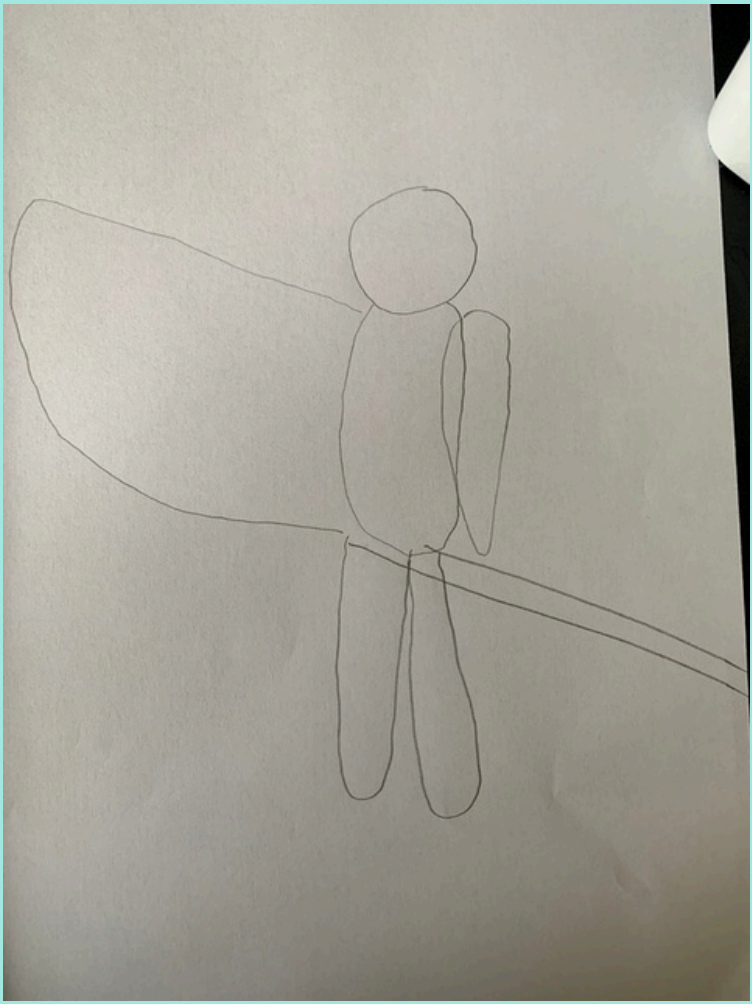


# Warrior Bird

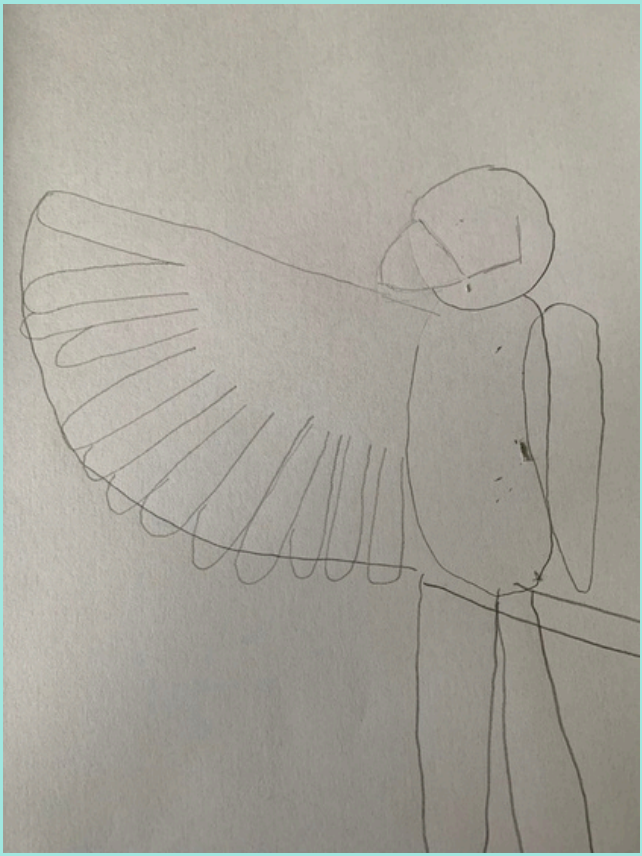
*Step 1: The first step is to think of the picture as shapes and create a very basic sketch in pencil.*

*I practice on plain paper the shapes*

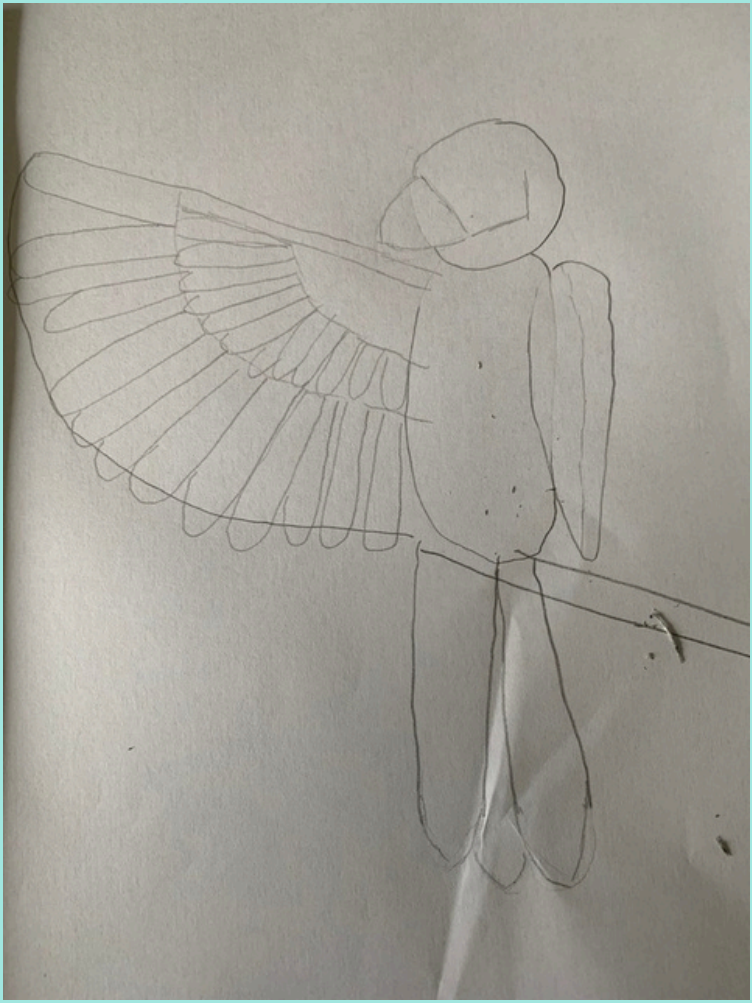
*This will be your guide.*



Step 2: If you think of this as a circle head, oval long body oval wing, oval long tail feathers, an angled triangle for main wings with a line for the tree branch.

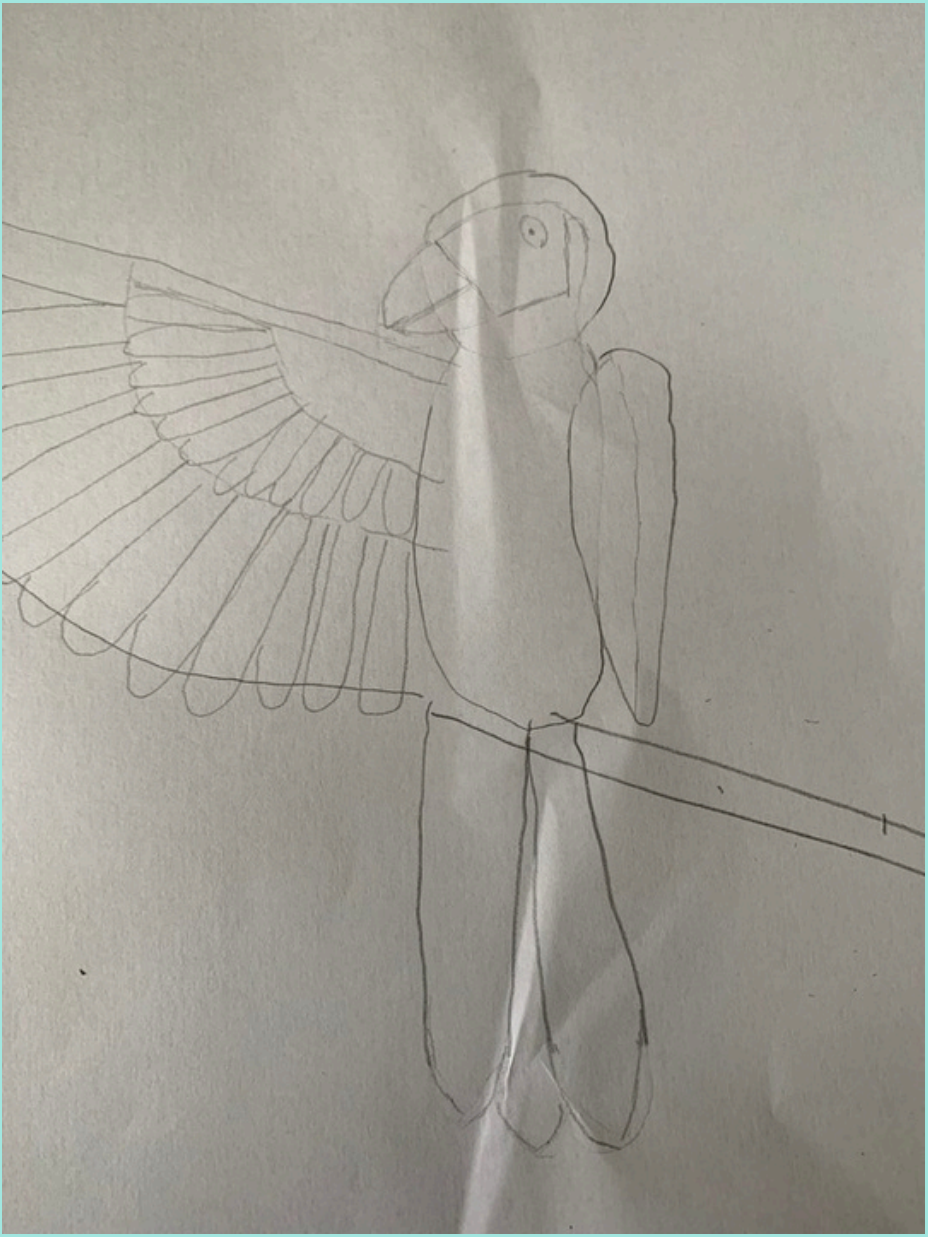


*Step 3: Within the head add beak and face shape along with the tail feathers for bottom section you can be random with long ovals with rounded edges*

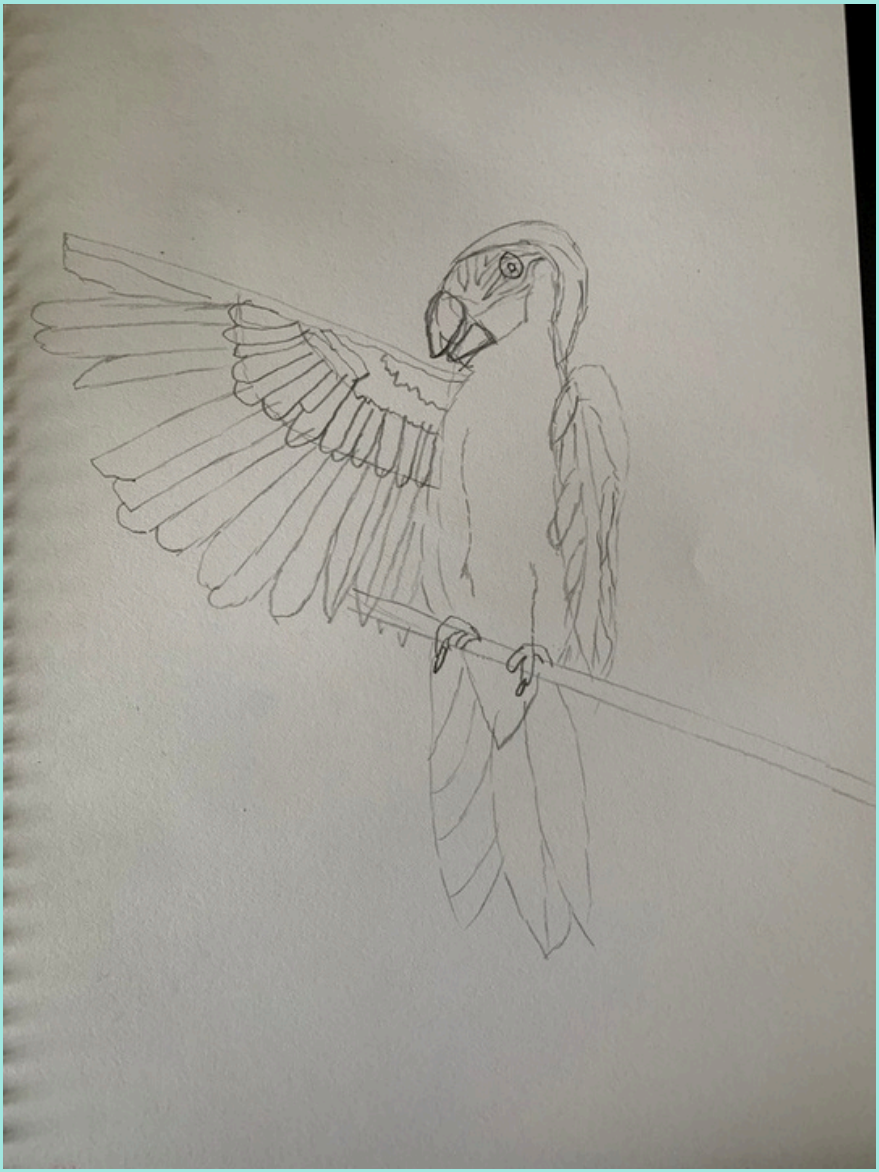


*Step 4: Next add the middle tail feather and the top and middle large wingspan feathers again keep the pencil loose and just draw shapes*

*Step 5: Looking at the reference image, of the final picture add the eye, beak shape, then you can rub out any pencil lines*

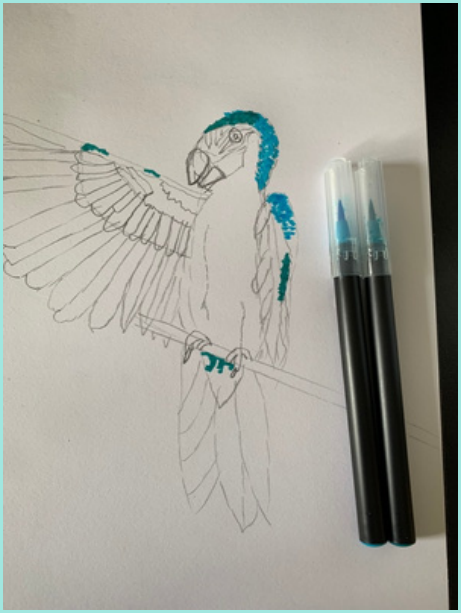


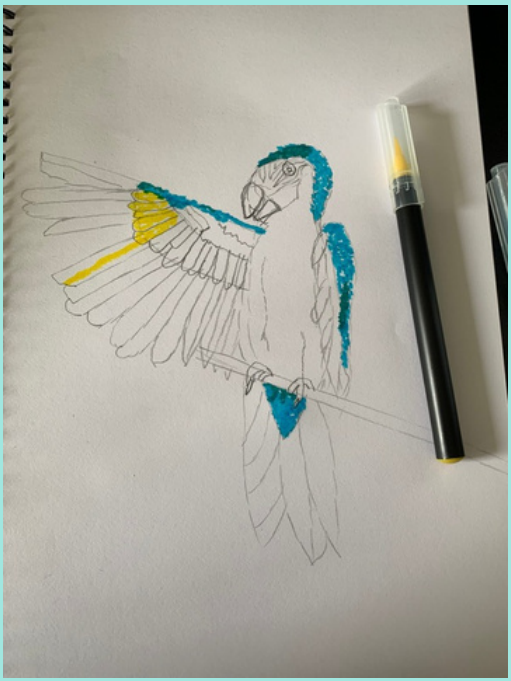
*Step 6: Once you are happy with the design drawn onto the watercolour paper you are ready to cover in colour.*



*For this I used watercoloured pens as its like drawing with paint.*

*Step 7: Starting with two blue shades to add shading and tones, and then the yellow and oranges.*





*Keeping your strokes light and using the tip of the pen to make little marks gives a feathery effect.*

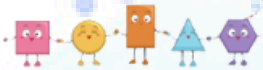
*Building up the colours to show light and dark areas gives it shade and tone.*

*Adding brown lines in diagonal shades across the feathers gives them shape and contrast.*

*The branch is coloured in brown and black with yellow for the feet.*

*Finally using a black liner pen or felt tip add facial features and additional lines keep them sketchy and random.*

# Therapeutic Art



artforwellness with Debbie Crouch

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Art for Wellness

*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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