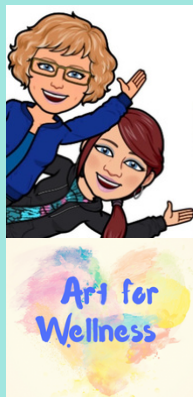


# Art for Wellness

Strawberry  
Full Moon  
*in Watercolour paint*



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



# *Strawberry Full Moon*

## Materials You Need

- Watercolour or mixed media paper
- Watercolour paints
- Selection of paint brushes
- Water
- HB pencil
- Ballpoint pen or fine liner
- Black marker or thick pen
- Paint sponge
- Table salt

# *Strawberry Full Moon*

In preparation for the painting mask  
paper down on board or hard surface.

Then draw around a circular object like  
large roll sellotape leaving a larger area  
at bottom than top.

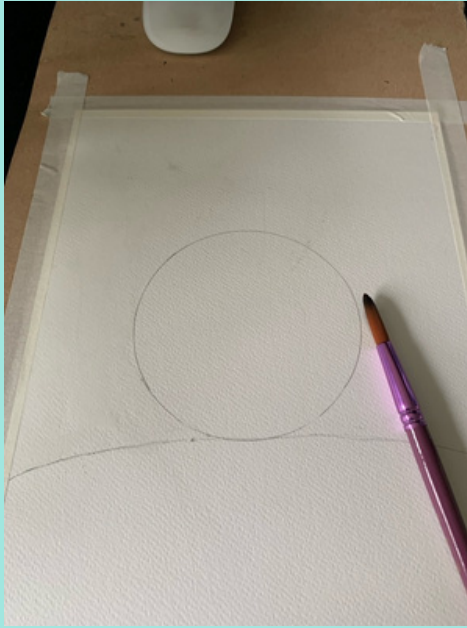
Draw a slightly sloping horizon line  
under the moon.





*Have your materials ready  
watercolour paints and table salt.*

Using a roundhead brush wet the paper around the moon in the sky area.



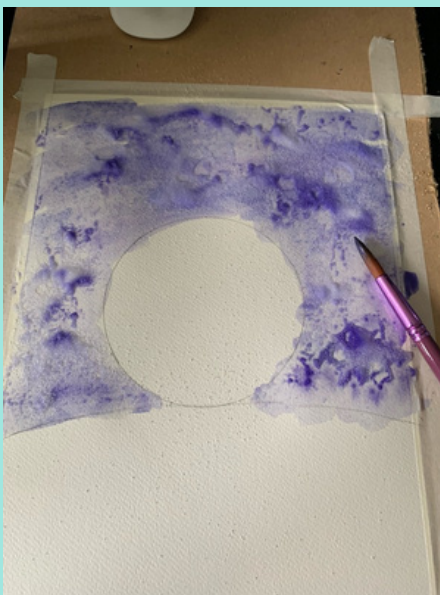
*Then add watercolour paint in lines and let it flow on the water*



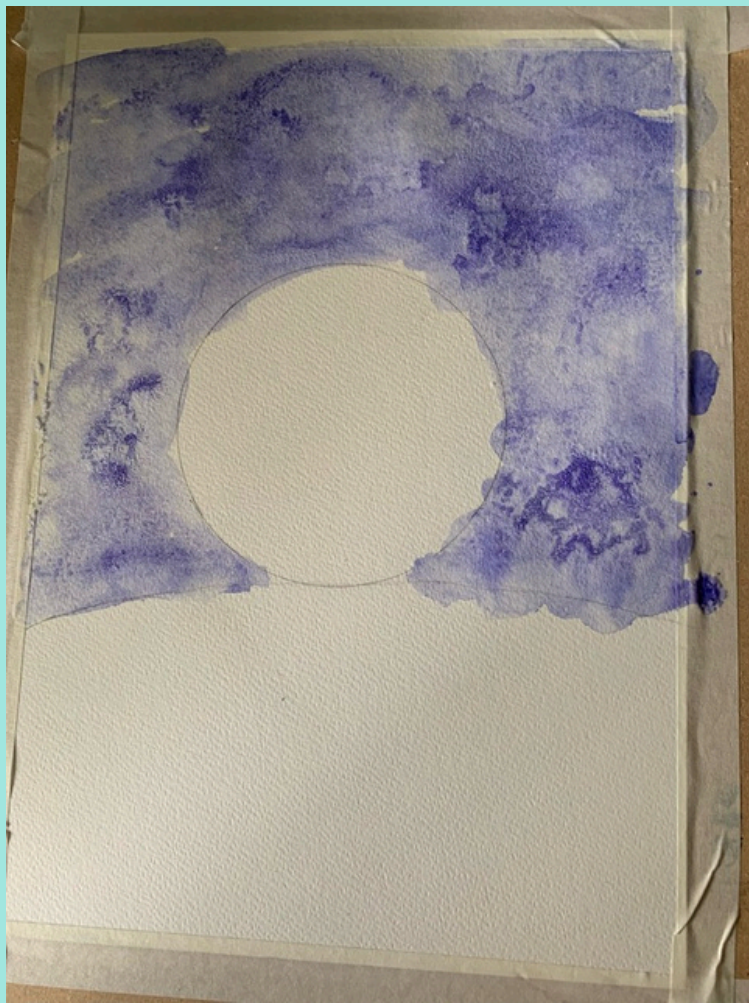
Working fairly quickly so the paper does not dry out cover in paint for the sky let it flow lightly over the page.

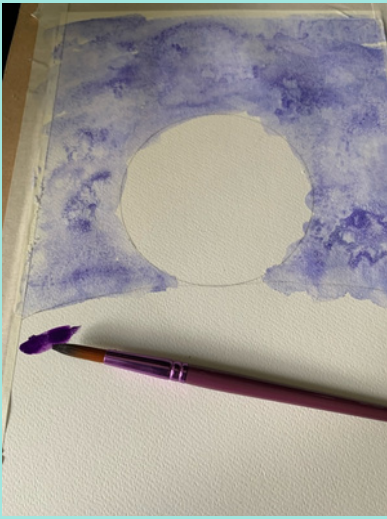


*Then add salt over the page adding more colour on top and leave to dry.*



*Once the page is dry to touch use a tissue or kitchen roll and lightly rub the salt off into a bin.*





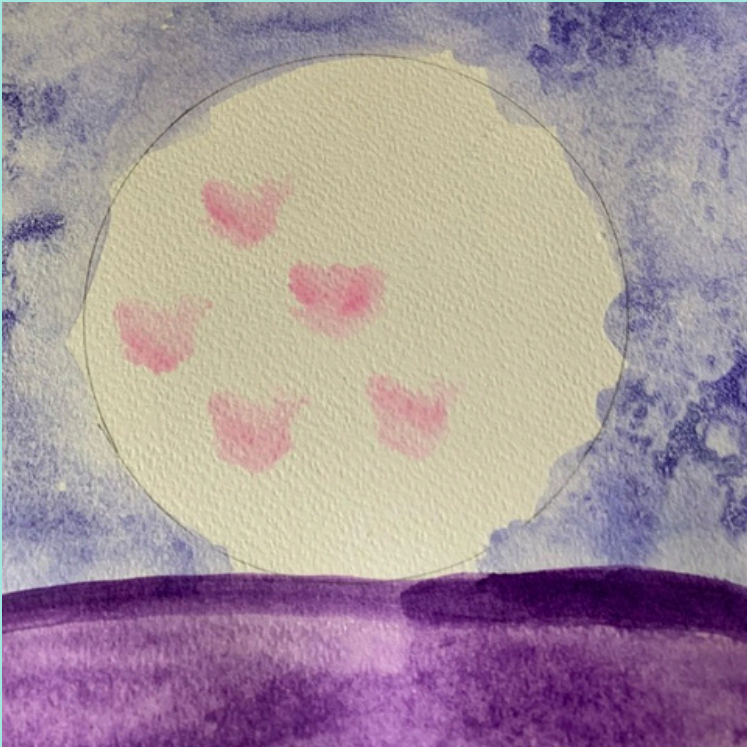
*Mixing a darker shade than the sky in this case purple make lines across the page ensuring the horizon line is darker than the land area.*

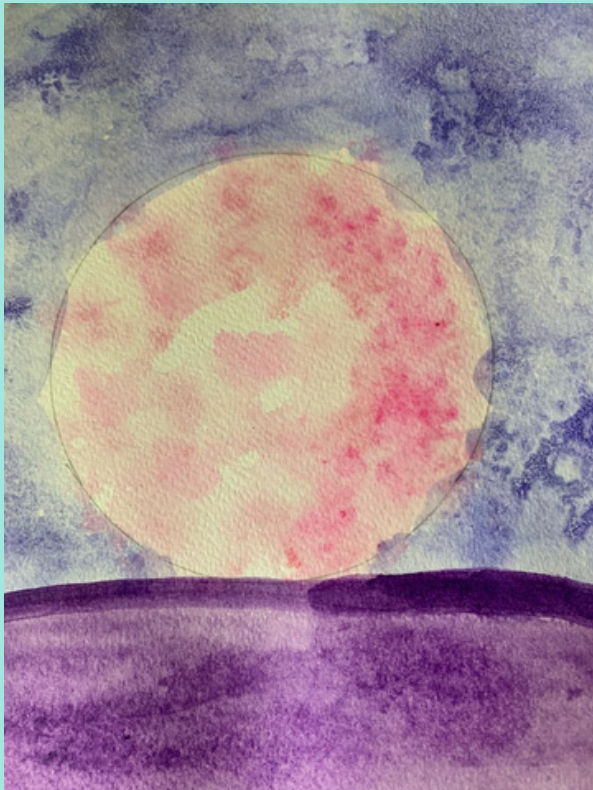
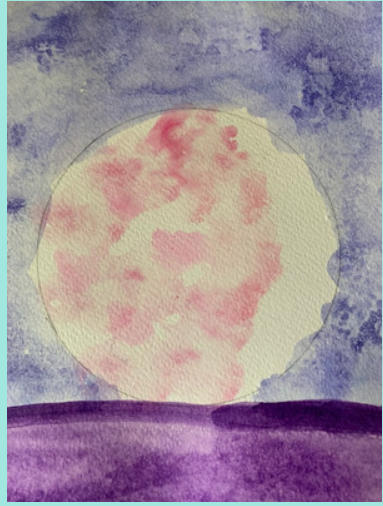
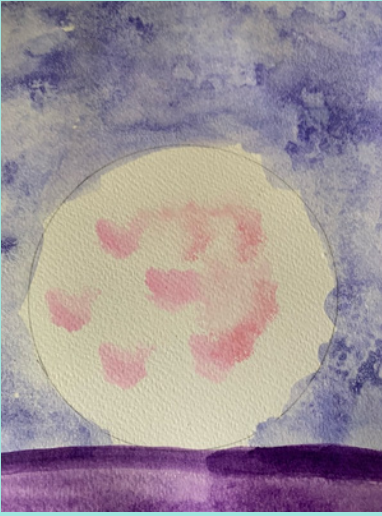


*For the moon mix red or pink make different watery sections and using a sponge press onto the moon.*



*Ensure you leave some white paper space to give a nice effect.*





*Make one edge darker to give a light reflection to the side.*



*Go back to the sky area and mix darker shades of same colour. Add on with the sponge around the edges of the sky.*



*Mix some dark blue shades to paint a grass effect at the bottom of the picture.*



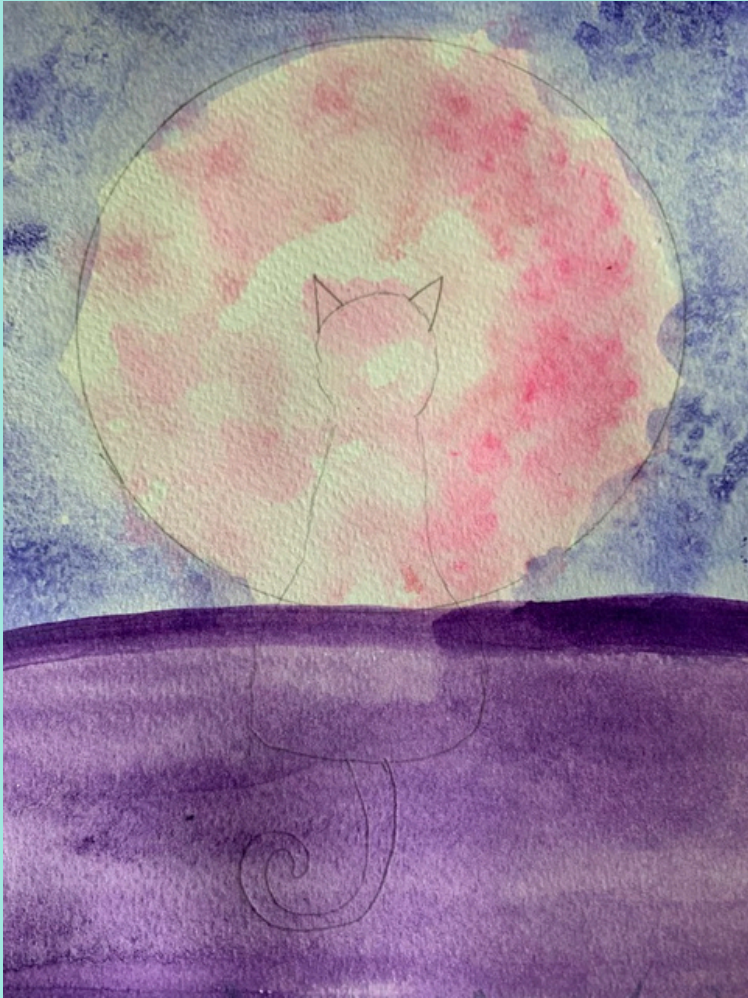
*Using a thin narrow tipped brush from the bottom stroke lines upwards randomly across the page and add different blue tones.*



*Make one corner of the grass darker to give a light reflection to the side. The same side as the darker moon shading.  
Here its on the right.*



*Once the picture is completely dry draw in pencil an outline of a cat a round circle for head, pear shape for body. Add two triangles on for ears and a curly tail.*



*Using a black marker or felt tip pen  
outline the cat shape.  
Then colour in the silhouette in black.*



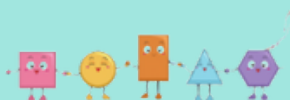


*Finally with a fine liner or biro add the whiskers flicking the pen out from the head three at each side.*

*Thanks for taking part, I hope you found this tutorial helpful!*



# Therapeutic Art



artforwellness with Debbie Crouch



@artforwellnesscic



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*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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