

Art for Wellness



Puddle Patterns



Puddle Patterns



Puddle Patterns

Materials You Need

- Watercolour or mixed media paper
- Pencil
- Watercolour paints (colours of choice)
- Water
- Paintbrushes

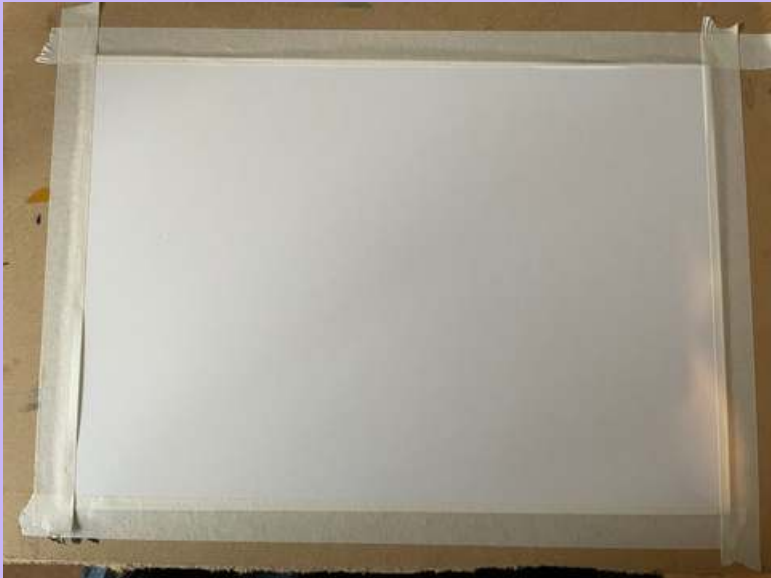
"Imagination"



Puddle Patterns

Firstly prepare a space
suitable for painting.

I choose to mask onto cardboard to
keep paper from rolling out.



Preperation

Choose a picture of a frozen puddle to use as a guide for your design.

Remember it doesn't have to be exact
let your pencil go with the flow.

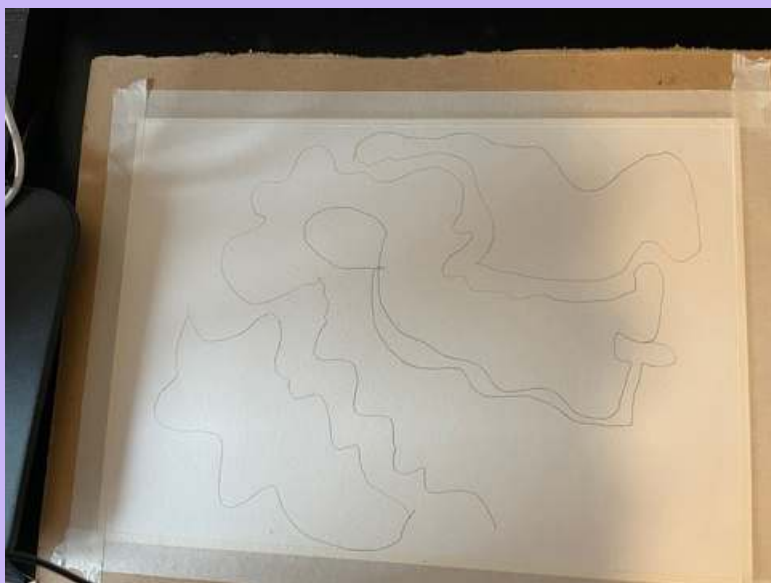
Here are some examples to get started.





Firstly with a pencil loosely draw the puddle on the paper.

Example below



Next choose three colours in watercolour paint and add them to a tray so you can mix with water.



Add paint to tray with water ready to paint with a brush.



welcome

Today we are joined by "Scribble" the squirrel



Remember to check out the video and watch Scribble as she draws and paints for the first time.....

Starting with the lightest colour first have fun adding water and paint in different strengths.



Tip: Dont add too much water as takes longer to dry always wipe brush on water container lid.

*Leave this somewhere to dry
ready to add optional extras
with patterns, shapes,
and pens*



WHAT IT FEELS LIKE TO BE CREATIVE

Confident

Tingling in your
fingers

Inspired

Exciting

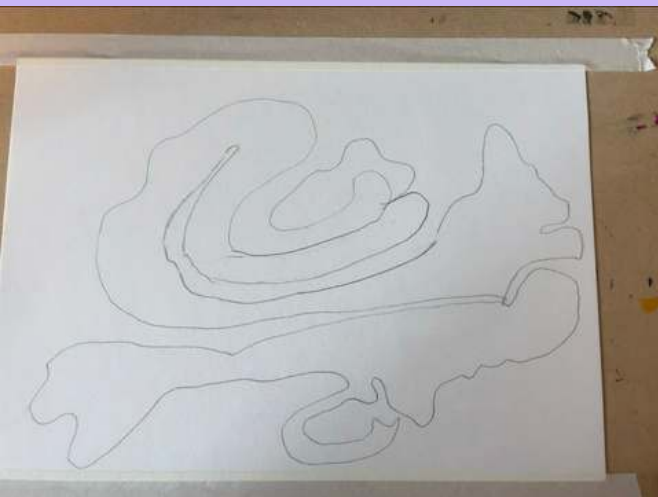
Imaginative

Daydreaming



Picture Puddles

Here we have Puddle paintings
created by
Debbie & Heather



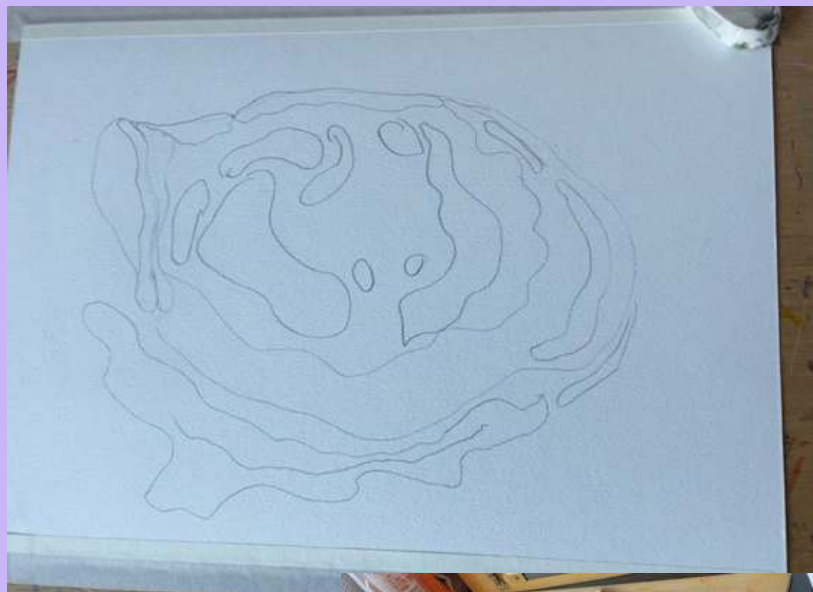
Debbie's Puddle



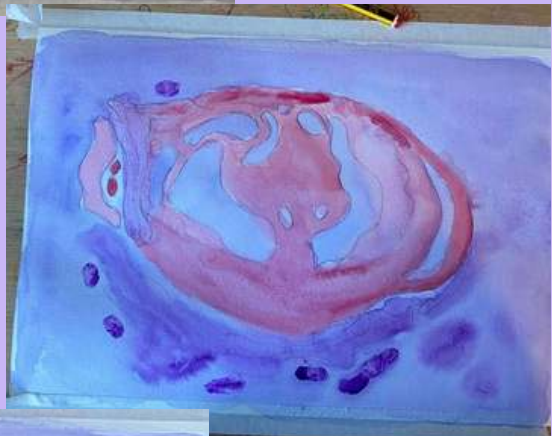
Debbie's Puddle



Heather's Puddle



Heather's Puddle



Heather's Puddle





artforwellness with Debbie Crouch



@artforwellnesscic



artforwellnesscic.co.uk

