

National Core Arts Standards

Visual Art

6.VA:Cr1.2

Formulate an artistic investigation of personally relevant content for creating art.

7.VA:Cr1.1

Apply methods to overcome creative blocks.

8.VA:Cr2.1

Demonstrate willingness to experiment, innovate, and take risks to pursue ideas, forms, and meanings that emerge in the process of artmaking or designing.

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ARTESTEEMSM ACTIVITY GUIDE

Watercolor Texture



AHC Principle: *Since Love Is Eternal, Change Need Not Be Viewed As Fearful*

Grades: 6th–8th

Overview

Water is a vital element, not only for life but also for optimum wound healing. It also makes up to 70 percent of our total body composition. Working with Watercolor can help you reduce stress and can be used as an anxiety reliever. This activity will help you feel more calm and relaxed by using a fluid medium that allows us to let go of the need to control, quiet the brain, switch on our senses, and get into a state of flow by feeling and observing the fluidity of water with our bodies. Having a process in which you cannot control the outcome ultimately will help you understand and overcome the fears you have in life in which the process is out of your control.

In this activity, we will learn different methods to create **texture** and **patterns** with watercolor paint.

1 - Salt effect

2 - Plastic

Vocabulary

Fluidity, Relaxation, Pattern, Texture

Materials and Supplies

Watercolor paper, Watercolor paint, Brush, Two disposable containers for water, Paper towels to wipe brushes, Salt, Plastic wrap

Step by Step Instructions

Method 1: Salt Effect

Step 1.

Wet your brush and brush your watercolor paper until slightly visibly wet.

Step 2.

On your watercolor paper, paint a background of any color you would like.

Step 3.

After you're done painting, while the paper is still wet, sprinkle salt over the painting. This effect is only really noticeable when the paper is totally dry. Be patient and enjoy watching the process.

Tip:

The paper has to be still wet enough to dissolve the grains of salt, so if the salt is just sitting on the page, feel free to add more water/paint to the area).

Method 2: Plastic

Step 1.

Clean off your brush with any leftover paint from the previous texture and paint a background of any color you'd like.

Step 2.

Grab some sort of soft plastic you can find (best option: Plastic Wrap), cut it up so it's just a sheet, and then lay it on top of the paint.

Step 3.

Scramble the plastic, leave it to dry with something heavy on top of it to press down.

When you think it's dry, peel it off and enjoy looking at the beautiful **texture** you created.

Clean Up:

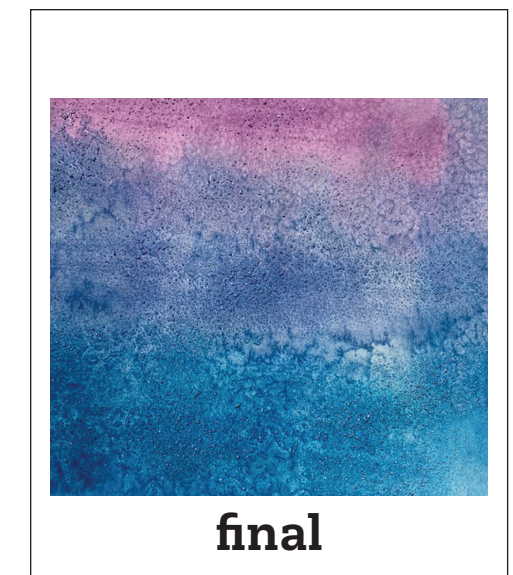
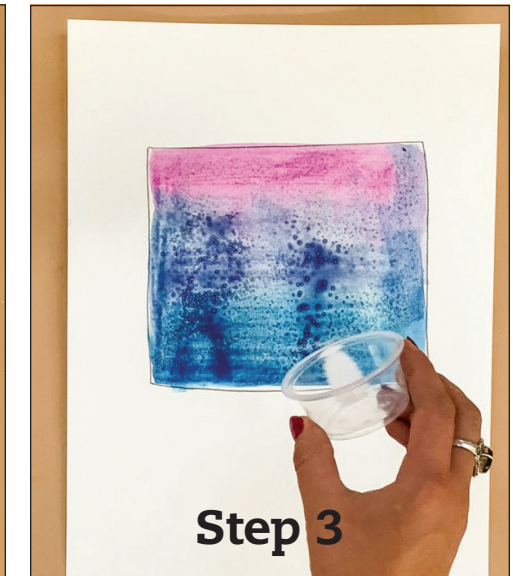
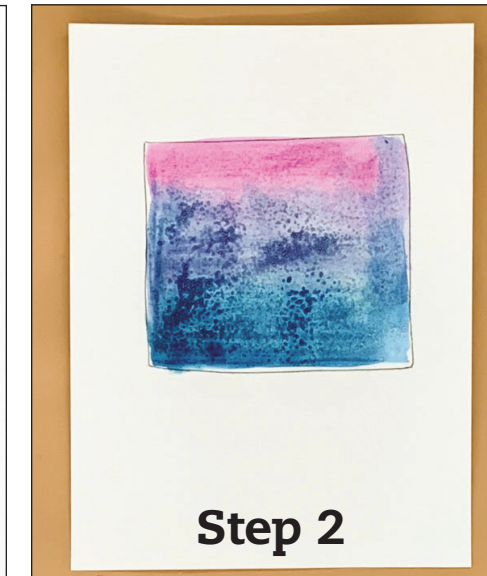
Tidy up and put away your supplies!

Go Further

- You can create new patterns by using various types of materials.
- For example, Rice, dirt, and leaves.
- Think about what color you want to use, what color represents you, or connect you with the materials you are working with.
- Practice **fluidity** and **relaxation** by observing water's movement, feel your body slow down while patiently following how your pattern is created.

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Method 1: Salt Effect



Method 2: Plastic

