



A JOURNEY OF DISCOVERY IN NATURE ART, IN THREE STAGES *with Sue van Copenhagen*

JOURNEY STAGE 1

SPRAY TECHNIQUE: On a sheet of paper, lay a variety of different leaves of as many different shapes as possible. Mix up some liquid paint in a few small containers (saucers or shallow aluminium trays such as for cat food are ideal), dip a toothbrush in the paint, and drawing the thumb across the toothbrush spray paint over the leaves. Slowly repeat until the paper is covered, without bumping the leaves in the process. When the paint is dry, carefully lift the leaves to reveal the masked shapes left by the leaves.

SPONGE TECHNIQUE: On a sheet of paper, lay a variety of different leaves of as many different shapes as possible. Mix up some liquid paint in a few small containers (saucers or shallow aluminium trays such as for cat food are ideal). Using a sponge with a holey texture (pieces of cellulose cleaning sponge work well), dab paint over the leaves, being careful not to lift them in the process. Allowing wet paint colours to mingle adds interest. Allow the paint to dry before carefully lifting the leaves to reveal the masked shapes created.

JOURNEY STAGE 2

LEAF PRINTING: Pour different colours of acrylic paint into small containers (a large range of colours is not necessary). Lay a leaf face down in a shallow tray or on a plate. Using a brush, or even a sponge, paint the back of the leaf with fairly thick paint. Start with one colour only, then try with more than one colour brushed onto the leaf. Carefully drop it paint side down onto the paper, without smearing, then drop a sheet of kitchen paper over and carefully press down. Gently

lift off the kitchen paper and then the leaf, to reveal the print. Build up a design of as many different shapes as possible, in a variety of colours

JOURNEY STAGE 3

WATERCOLOUR FLOW ACTIVITIES: Using as many different leaf shapes as possible, start with leaves painted individually at first. On watercolour paper, draw around the leaf with a pencil (more advanced participants may wish to draw free hand). Have a few watercolour colours ready on a palette if using tube paints. Using a brush, wet the leaf. Touch colour into the water with the tip of a brush and without using brush strokes. Allow colours to mingle by tilting the paper around. Allow the paint to dry undisturbed. Progression: apply individual leaf paintings to greeting cards (bought or made).

A BONUS JOURNEY STAGE 4

MORE ADVANCED WATERCOLOUR FLOW

ACTIVITIES: Lay a selection of leaves over a sheet of watercolour paper in a pleasing design, ensuring that each leaf touches or overlaps another. Draw around the leaves lightly in pencil. As before, wet a leaf and touch watercolour paint into the water with a brush. Try to restrict the selection of colours to only three. Tilt the paper around to allow the pigments to mingle and create new colours. Before the leaf shape has dried, wet the adjacent leaf and repeat the process, allowing the colour from one leaf to flow into the next. Continue until all the leaves have been painted.



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