



# Mindful painting

This simple abstract painting technique is perfect for a relaxing afternoon. And it looks fabulous when it's finished too!

**Difficulty rating: easy**

**Time to make: 1 hour**



## Crafty shopping list

- Small canvas or paper for painting on (we used 10cm x 15cm)
- Masking tape
- Acrylic paints or poster paints in different colours
- Paint brush
- Biodegradable glitter (optional)
- A palette or old plate and an old glass for water



# How to do mindful painting

1



Using masking tape (roughly 1cm width), create a geometric pattern on your canvas by criss-crossing the tape from one edge to the other.

Make sure to smooth down the tape so it's flat against the canvas.

2



Choose your paints. Choose 3 to 4 colours to paint your canvas, whatever you feel drawn to.

Blob some acrylic paint onto your palette and take notice of how the colours looks together.

3



Choose your first colour, mix it on your palette with a little water and start painting one of the sections of your canvas. Take notice of the texture of the paint, is it thick or thin? Can you see the brush marks or does it look smooth?

Start to build up layers of paint on your section of canvas, would you like it to all be the same colour, or will it get lighter or darker at the edges? Could you try mixing in some other colours while the paint is wet and see how it looks? There's no one way to make your painting – it's uniquely yours.

**Top tip:** Test the tape you're using on a corner or the back of your paper or canvas first to make sure it peels off easily.

4



Repeat steps 3 to 4 with all of the sections of canvas until it's full. If you're using some biodegradable glitter, sprinkle it on to one or two of your sections when the paint is still wet.

**Top tip:** Acrylic paints dry quickly so they're great for a speedy craft, but they do stain so make sure to roll your sleeves up and be careful as you paint.

5



When the paint is completely dry, carefully peel back the masking tape. If there are any parts where paint has run under the tape, just cover it over with a little white paint.



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