

CREATING CONFIDENCE

Supplies

3-5 squares of paper

Watered down black paint

Paint brush

1-2 scraps of coloured paper

Glue (glue stick, white etc.)

1-2 colours (pastel, marker, paint etc.)

Process

1. Set the intention to move slow and listen deeply and trust your impulses.

2. Add black paint to each square of paper in 1-2 quick gestures.

3. While paint is drying, tear up 1-2 pieces of coloured paper and thoughtfully place them on marks.

3. Glue papers down.

4. Add 1-2 colours to the paper, again using quick impulsive lines.

