

# INTO THE SEA

LIFEBOOK SUMMIT  
MINDFUL ART ACTIVITY

WITH AMY MARICLE OF [MINDFULARTSTUDIO.COM](http://MINDFULARTSTUDIO.COM)



Dear Wonderful, Creative You:

Hi! I'm Amy, founder and artist at Mindful Art Studio. I'm so excited that you are joining me for this playful adventure into the world of mindful art making. **I want to set your mind at ease - this activity requires no special training in art or mindfulness.**

That's the beauty of it - come as you are, and at every step, there's an opportunity to drop into the moment in a very relaxed way. **I'll lead you step by step - and you are invited to use what works for you, and leave behind anything that does not.** This is your art practice!

I hope that you find some tidbits in this workshop that feed your art practice, as well as your soul. I've found mindful art making to be an incredibly satisfying way to make art. It's one that I approach in a playful way, and I invite you to do the same. (That's why we are here, isn't it?) And if these fluid paints speak to you, you can learn even more in my class, [Fluid Art](#).

Let's begin this mindful art adventure with high flow paints!

Creatively Yours, Amy

# MATERIALS

- Watercolor paper cut into sheets of 5 x 7 or a watercolor art journal
- Golden High Flow Paint, Sap Green, AND
- Golden High Flow Paint, Teal
- OR -
- You can also use regular acrylic paint with some water mixed in, just know it won't look exactly the same. I recommend using two similar colors of blue and green
- Flat #12 Paint brush or similar size
- Posca paint marker in white
- Paint cloth or paper towels for wiping brush
- Water cup
- Gloves or glove cream to protect hands

## CREATING YOUR PAGE

### Making the Background

- Cover 2/3 of the page starting at the bottom, with the Sap green paint. Start with a few drops and add more as needed. It flows!
- Dry your brush on your towel.
- Put a few drips of Teal paint on the opposite side where the page is still white.
- Cover that end side to side with the paint, then begin pulling the paint into the Sap Green.
- Use the brush to pull the paint back and forth, creating a blend of the two colors.
- Let it be a bit messy - whether the end result is ombre looking, or a homogeneous blend of the two colors, these paints are beautiful to play with.

**MINDFULNESS CUE:** Tune in through the senses as you paint. Can you hear the brush moving across the page? Can you feel the temperature of the brush in your hand? Can you smell the paint? Do you hear your breathing?

### Lettering Your Word or Quote

- Use your own handwriting, but slow way down to make it slightly neater.
- Try using only caps, only lowercase, or your script. or very tall, skinny letters. A small change to your normal writing done just a bit neater (or maybe sloppier) can be very interesting.
- Plot out roughly where you'd like to place your word before you begin writing. No need to get too exact, but a little planning can save a lot of frustration. Or, just go for it!

**MINDFULNESS CUE:** Can you hear the marker moving across the page? Can you notice the way the marker flows or skips on different parts of the page?

### Using Simple Marks to Highlight Your Writing

- Simple marks like dots, several loose circles, or a repeated shape are a great way to highlight your word or phrase and pull the page together. Using writing again, but on a much smaller scale is another great way to pull the piece together.

**MINDFULNESS CUE:** Can you hear the marker moving across the page? Can you notice the way the marker flows or skips on different parts of the page?

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high flow paints here!](#)

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