



Mindful Watercoloring

Take a moment to pause, create, and enjoy. This station is designed to be easy, relaxing, and open to everyone. No experience needed!



How to Begin:

1. Start by writing a word, phrase, or short quote on your watercolor paper—something that inspires you or brings you joy.
2. Add watercolor however you like! Try painting shapes, layering patterns, or simply let the colors wander and flow.



Tips for Painting with Watercolor:

- Use the plastic palettes to mix and create new shades.
- The more water you add, the lighter and softer the color becomes.
- To lighten an area, blot gently with a paper towel.
- You can always layer more color once the paper dries.

Remember: There's no "right way" to do this. Let the colors flow, follow your joy, and enjoy the process.

www.mybigmission.com



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