What is watercolor?

One of the oldest forms of art, watercolor is a way of painting in which colorful pigments are mixed and applied with water. This makes it transparent, meaning you can see through to the paper behind, and dilute the paint to make lighter colors. **Anyone can watercolor!** Soak the brush with water, dip it into a color, and drag it across the page.

Unwind and have fun!

- Make yourself comfortable and take a deep breath.
- *What do you see, hear, smell, and feel?*
- Focus on the sensation of the brush, the water, and the paper.
- Exhale and let go of control. Let the painting take you on a journey!

Try these fun techniques!

Wet on Wet: Paint the paper with water, then drop wet paint on top.

Dry Brush: Use very little water. Your brush strokes should appear scratchy.

Gradient: Go from light to dark by mixing in more water as you go.

Lift Out: Remove wet paint by dabbing it with a paper towel or a dry brush.

Splatter: Flick your wrist, or drag your finger over the bristles.

Which watercolor technique is your favorite?

TIP! Unfold this zine before you start painting to avoid bleeding.

Wet on Wet	
Dry Brush	
Gradient	
Lift Out	
Splatter	

Pencils or paint? Try both!

Paint palettes aren't the only way to watercolor. Draw your picture with sharpened **watercolor pencils**, then take a wet paintbrush over top to blend and smooth the shapes. Pencils are great for getting sharp lines and details.

Water Brush Pens:

Fill up the pen with water and ***gently*** squeeze to saturate the brush bristles. With practice, this brush will give you more control over the flow of water.

Fill in the picture

Create your own!

Now you have the skills to paint whatever you'd like—anything that brings you joy!

Lehigh University Art Galleries

WATERCOLOR & WELL-BEING

Supplies:

- Watercolor paints
- Watercolor pencils
- Paintbrush or Water brush pen
- Water cup
- Paper towels

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