

Play. Create. Learn

Get your creative energy flowing in a safe space and create beautiful wearable art!



- Have Fun
 - Kick start a community and supportive friendships.
 - Have fun in a creative playground.
 - Enjoy some wine and snacks. Oh yeah!
- Create Art
 - Learn some fundamental techniques for success with watercolor
 - What makes a successful color combination
 - How to experiment and choose a stand out composition
- Learn about Yourself
 - Let go of negativity and play with your creative spirit.
 - Develop a new understanding of your thinking style and creative process.

A Creative Space is a Safe Judgment-Free Space

Creativity is a commitment to curiosity and learning.

Curiosity and willingness to learn are the most important things to bring to this process. Not talent, not creativity, not history, not intelligence. They have nothing to do with your success. With a free with an open mind, positivity and a willingness to play and experiment you will create meaningful art.

During this workshop you may get frustrated, or scared or overwhelmed with expectations (which is common).

Stop. Breath. Center yourself and reflect:

- *I don't know everything right now because I'm learning.*
- *If I keep trying and practicing I will get better.*
- *A mistake! Great! What did I learn from that mistake?*
- *What did the watercolor just teach me?*
- *What do I like about this?*
- *What am I good at in this process?*
- *What am I enjoying and learning?*

Watercolor Necklace Joy

Self Care Guidelines

The enemy of creativity is fear and shame.

In order to create a safe space for you to play and discover your sometimes shy and skittish creative self I gently ask that participants be intentional and caring with each other.

As a collective we can work on banishing all fear and shame by being mindful.

Please remember:

- **Mistakes are opportunities to learn and grow** and make even better art. We love mistakes, trust them and learn to love them.
- **Commit to imperfection.** There is no such thing as perfection in art.
- **Play.** Having fun is dead serious. Enjoy the process. The product will follow.
- **Trust Yourself.** You are your own guru in art and life.
- **Ask for Feedback if and when you want it.** If you have a goal or vision and are frustrated - ask for guidance.
- **Share what you are learning!** About watercolor. Or about color. Or what you are learning about your own creative process, what works and what doesn't work.
- **Get curious!** Ask questions. Examples: What did you learn when you created this? Do you like it? Do not compliment or criticize the work of others. I like that or that is so beautiful isn't helpful to letting go of the inner judgement.

Materials

- **Arches 140 lb cold press paper** – this is the best watercolor paper around for the job.
- **Professional Watercolors** – I use a mix of Winsor and Newton, Sennelier, Daniel Smith and QoR
- **Palette**
- **Brushes** –You will have one round and one flat brush of various (small) sizes. For this class we use a mix and I encourage you to experiment. The size and type of brush is marked on the side of the brush. Mixed or natural hair are best with watercolor. What works for you is largely one of preference.
- **Glass Craft Pendants.** We will use
- **Diamond Glaze** – a clear adhesive and sealant.
- **E6000 Industrial Strength Adhesive** for bails.
- **Jewelry Bail**
- **16" black satin cord**
- **fine black sharpie**

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Process

Step 1: Create a Safe Joyful Space

Begin by creating a space for your mind to flow freely in creativity, without fear or destructive criticism. Take a moment and center yourself, remind yourself why and who you are creating for. Fully commit to imperfection, adventure, the creative process and learning. Then move forward.

Step 2: Design

Often, I choose my color scheme and then paint. Other times, I sketch my design first. You can choose: sketch your composition and / or choose your colors. Plan if you want and balance that with how much to leave to the process. Then move forward.

Step 3: Paint

Pro-tip: Create little mini-paintings that are larger than your glass pendant so you have some wiggle room for errors and creative framing.

More Pro-tips:

- The more water you use the less saturated the color, the less water the more saturated.
- Some pigments are transparent and some are opaque.
- Start light and then move into shades and darkness.
- Test your brush on scratch paper before you begin to paint
- Clean your brush with water and paper towels when switching between pigments.
- **Always Remember:** Enjoy the mystery and surprises. Things often get uglier before they get better.
- **Always:** Play. Have fun.

Step 4: Frame It

- When the watercolor is dry, place the glass pendant on your favorite composition. Decide the best most pleasing frame position.
- Mark the edges with a pencil.
- Using the diamond glaze and an old brush, brush the diamond glaze on the glass and then press it firmly onto your painting until the bubble spread and disappear.
- Keep pressing firmly while the frame adheres, it dries quick— less than a minute.
- Watch for air bubbles and press firmly until they disappear and the pendant sticks.

Step 5: Cut

- Give the glue time to set and dry completely, about 5-15 minutes.
- Using artist grade scissors, cut the pendant from the paper at a distance from the edges.
- Cut to the edges for a clean edge, this is your final cut, make it look good.

Step 6: Sign and Name Your Original Artwork!

- Decide the orientation of your work and mark the back with a pencil where the bail will adhere.
- Choose a logical spot for your signature and name of your artwork.
- Sign it with a sharpie or other fine-tip black pen. Let the ink dry for about 5 minutes.

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Step 7: Seal the Backside – do not skip this step.

Once the ink has dried, seal the back side with Diamond Glaze. Use the old brush to paint a thin and even layer on the back and on the edges. This will protect it from sweat, humidity and weather.

Step 8: Adhere the Bail

Let the Diamond Glaze dry to the touch and then adhere the bail. Apply a drop of E6000 to the bail and press firmly on the back. Let it dry for about 2-3 hours before you wear it.

Step 9: Wear it!

About Marika:



I strive to find potential in everyone, enable transformations, discover the big picture and remove barriers. The creative process is most surprising when we engage it with an open heart.

As a people-loving introvert in love with variety and change, my approach is a blend of intuition and dedicated insight. Color, adventure, movement, creative challenges, painting, mysteries and learning excite me. They are full of unrealized potential and true *heart-and-soul* food.

Life is the greatest teacher and for this reason, I am a life-taught painter.

Watercolor painting is my first love which I've practiced enough years to be considered a faithful lover. I also embrace acrylic painting with enthusiastic energy, vision and big-ness. I like to explore mediums and watch them dance with each other. Incredible abstract painting allows for free exploration and complex interpretation. It has my heart.

I love magic, storytelling and connection.

Art is magic. It is a boiling cauldron of potentiality and transformation. Could creativity be sorcery? Will this spell work?

Art is storytelling. These hands, heart and spirit sprinkled with a little bit of humor uncover an undoubtedly universal story.

Art is connection. There is no art without people. We create to share, connect and honor our stories. They remind us *we are not alone*.

My background?

I have a varied history in higher education at Bellevue College where I taught graphic and desktop design, technology, business, sustainability and managed professional development for faculty. I'm a passionate and devoted mother and wife. I hold a Master of Education; Training and Development from Seattle University.

I like to explore the world, but Seattle, Washington will always be home and in my heart.