

A watercolor illustration of a rainbow arching across the center. The rainbow has distinct bands of color: purple, blue, green, and yellow. Surrounding the rainbow are numerous small, circular watercolor dots in various colors: pink and purple at the top left, blue and cyan on the right, and green at the bottom left. The background is white.

Week Four

THE **ART** HABIT

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Week Four Overview



Choose at least one creative invitation and up to four for this week. If you'd like to do more, each prompt includes a handful of *Extend it* ideas that offer ways to build off of the work you've already put into setting these up. You should also feel free to supplement this list with anything else that drives your curiosity.

COLLAGE

TAPE COLLAGE: Colorful tape, sturdy paper, scissors, stickers (optional), markers or crayons (optional)

PAINT

DOT PAINTING: Liquid watercolors, Q-tips, Ice Cube Tray or Containers for watercolors, Watercolor Brushes and Water Dish (optional)

SCULPT

NATURE SCULPTURE: Natural objects (pinecones, rocks, leaves...), Acrylic Paint, Treasures (pom poms, yarn, etc.), low-heat glue gun (optional)

SENSORY/ BUILD

BALANCING CUPS: Small paper cups

Week Four Goal

Week 3 Goal

Reflect on how your building an art habit.

Guiding Questions

What small changes have been working?

Where can I use support?

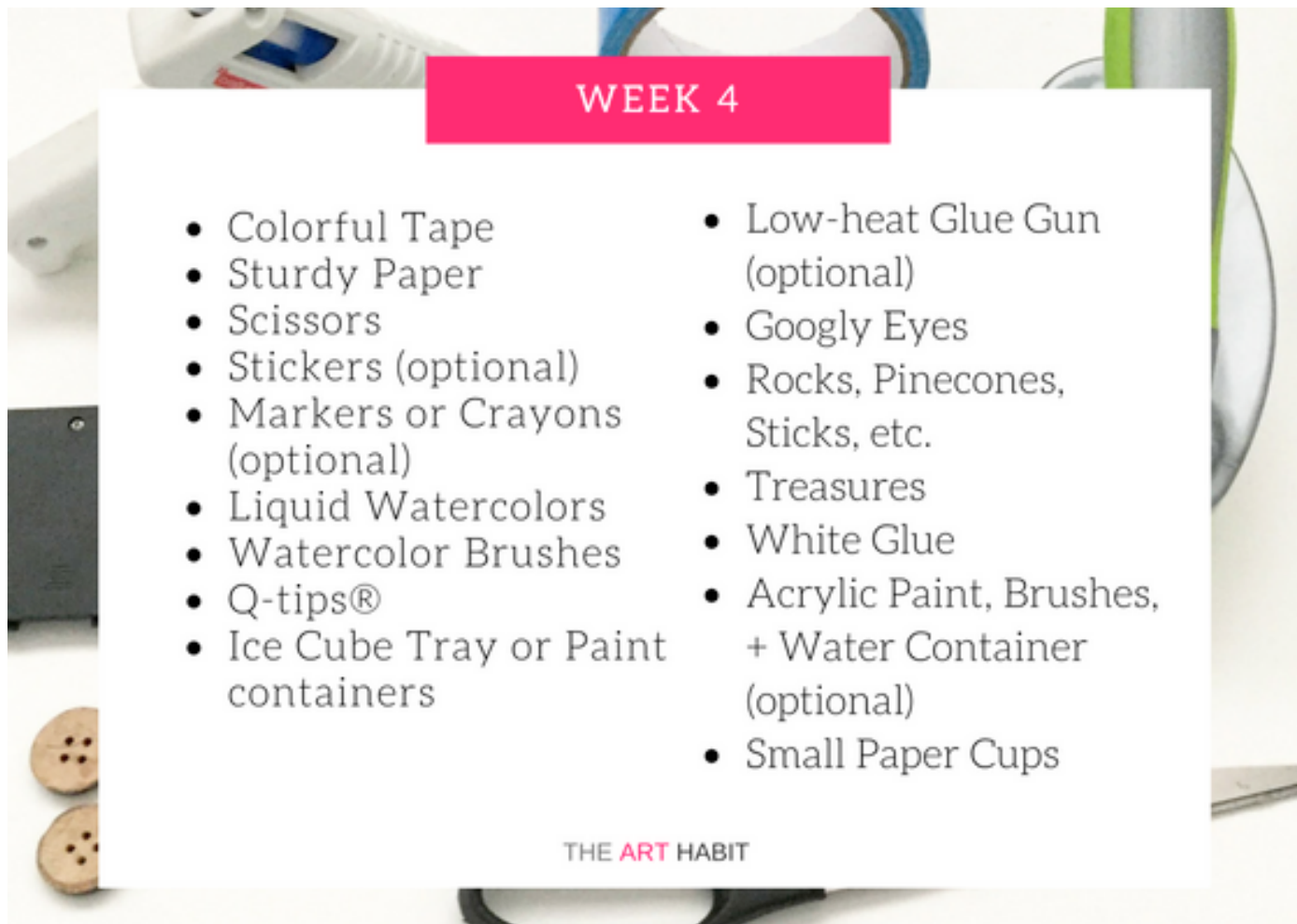
Intention

My intention for this week is:

Materials - at a glance

These materials will get you started.

You'll notice that the *Extend It* activities may include items not on this list.



TinkerSketch Art Journal Prompts

If you've decided to try the sketchbook challenge, give yourself at least 5 minutes to interpret the daily prompt. For example, for *bold* you could use a fat (bold) marker, write with **bold text**, draw someone acting brave (bold), and so on. You can make this part of your daily self care (carry your sketchbook in a bag and you'll have it handy for anytime drawing) or invite a child to join you. This is how my children and I began a tradition of creating collaborative drawings.

11/27	11/28	11/29	11/30	12/1	12/2	12/3
Dinner	Tear	Green	Twinkle	Pastel	Dirty	Woven

Journal Reflection - Week 4

What dreams do I have for my own artistic practice?

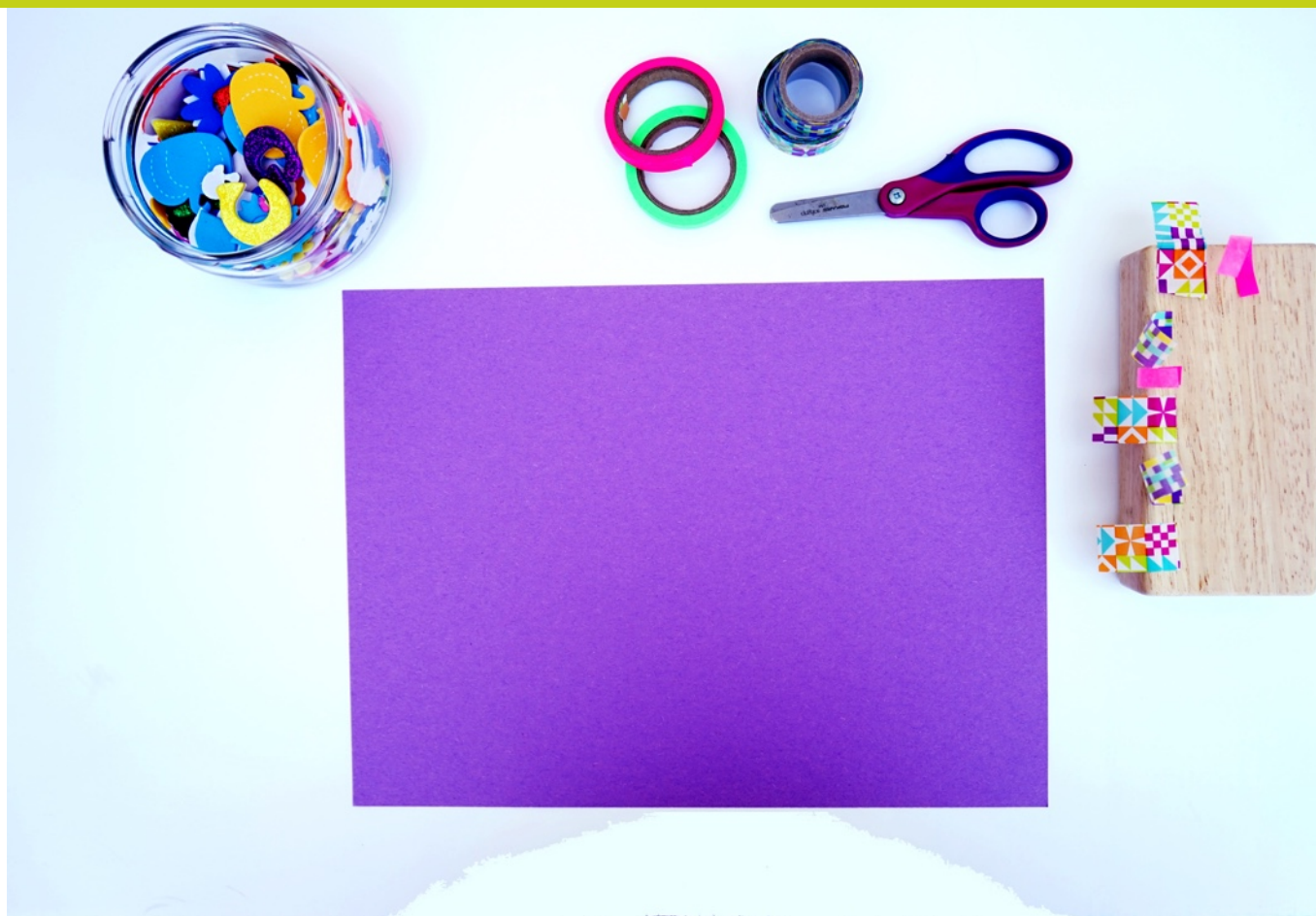
How can I nurture these dreams?

Make a list of three small things you can do his week to make this happen.

Tape Collage

Materials

- Colorful tape
- Sturdy paper
- Scissors
- Stickers (optional)
- Markers or crayons (optional)



Inspiration

New York artist, Aakash Nihalani makes [outdoor optical illusions](#) with tape that are mind-bending.

[Japanese artist Koji Iyama](#) covers buses, walls, and ceilings with washi tape.

Prep

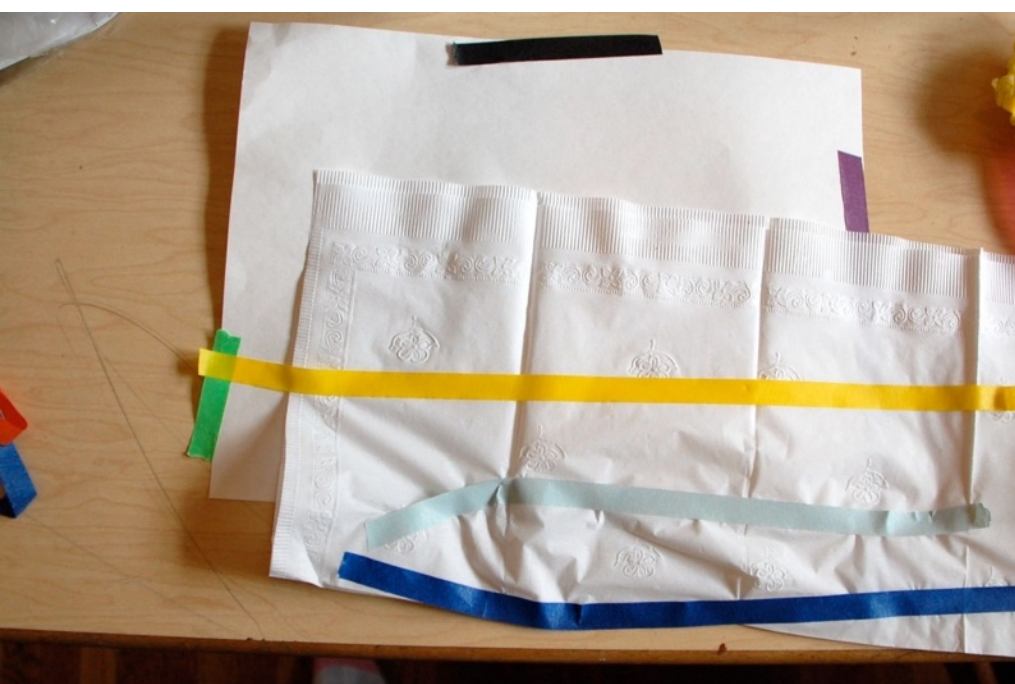
1. Set up paper, scissors, and tape.
2. For young children, precut tape and place it on the edge of a table or building block. You could also provide colorful label stickers (shown left) that help young children build small motor skills as they peel the stickers off the backing.
3. Invite your child to collage.



Tape Collage

Go vertical

Set up your tape area next to a wall that's prepared with large paper.



Material Experiments

Try taping on a variety of backgrounds:

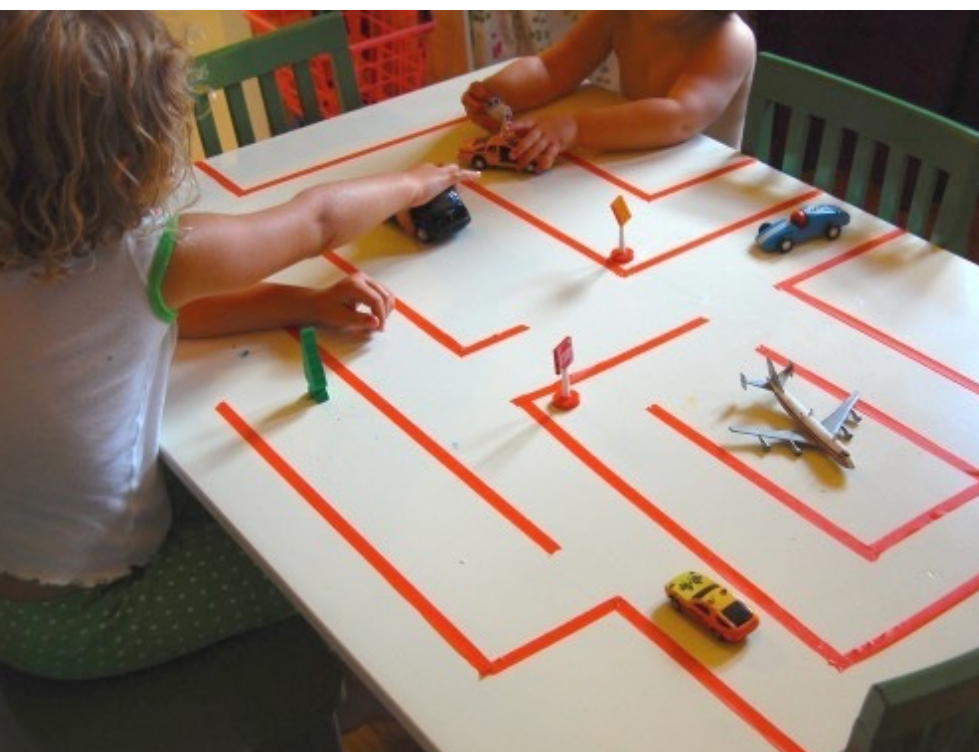
1. Brown paper bags
2. Doilies
3. Newspaper
4. Cardboard rolls
5. Napkins

Add markers or crayons to extend this activity.

Tape Collage

Extend it...

Draw with the Tape. Look at an object such as a tree or a house, and invite your child to recreate it with tape. See [Taped Trees from Observation](#) for more.



Make Tape Roads. Use paper tape to tape up city streets, airports, and more. Add small vehicles for hours of imaginative play.

Clear Tape Image Transfer Technique. Turn photocopies into transparent art with the help of clear packing tape. This is a great extension for older children, but small children can get the hang of it, too. This process is tons of fun.

[See full instructions here.](#)



WEEK FOUR: PAINT

Dot Painting

Fine Motor Skills
Composition
Repetition

Materials

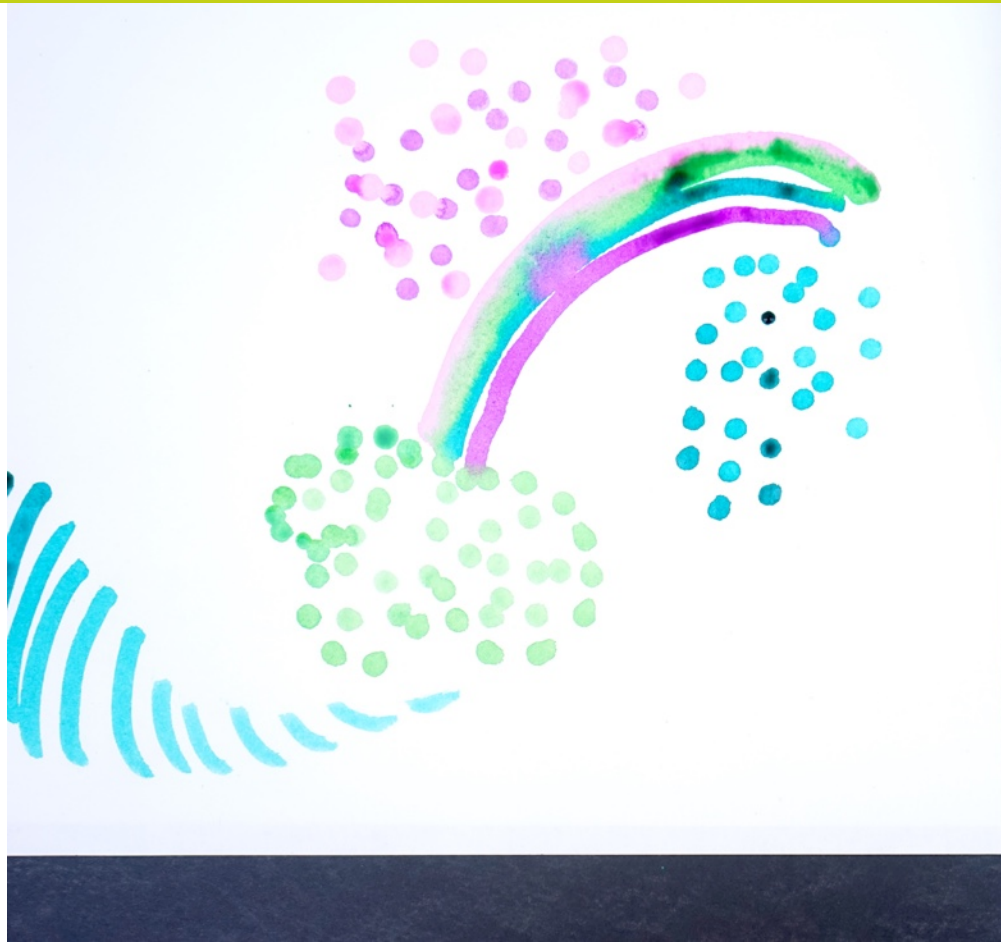
Liquid watercolors

Q-tips

Ice Cube Tray or Containers for Watercolors

Watercolor brushes (optional)

Water Container to wash brushes (optional)



Inspiration

1. Georges Seurat is perhaps the most well known pointillism artist. This is a [fun video about Seurat](#) from Artrageous by Nate. You can see close up examples of his paintings [here](#).
2. [Contemporary artist Chuck Close](#) uses a grid to make his art of expanded dots and squares.



Prep

1. Set up paper, watercolors, and Q-tips. Add a different Q-tip to each container of paint.
2. Invite your child to paint and stamp with the Q-tips.

WEEK FOUR: PAINT
Dot Painting



Change the Paint

Try this with a thicker paint such as tempera.

Fill an outline

Pre-draw a design on a piece of paper and fill it in with dots.

Counting Activity. How many dots will you use to fill the picture?



WEEK FOUR: PAINT

Dot Painting

Extend it...

Make a Stamp: Attach foam stickers to blocks to create your own stamps. Add stamp markers or ink pads for a fun stamp session. [See recommended materials here.](#)



Cardboard Roll Stamp. Pour tempera paint onto a paper plate. Add a cardboard roll for instant stamping. Bend the roll into a heart shape for a heart stamp. [Read more about this idea here.](#)



Vegetable Stamps. Cut a piece of okra for a beautiful flower design. Dip in ink or thin paint to stamp. Also try a [celery heart](#) or [potato stamp](#).



Materials

Natural objects (pinecones, rocks, leaves...)

Acrylic Paint, brushes, and water

Treasures (pom poms, yarn, etc.)

Low-heat glue gun (optional)



Inspiration

1. U.S. Artist Deborah Butterfield turns twigs and sticks into [sculptures of horses](#). Watch a video with the artist [here](#).
2. U.S. Artist Patrick Dougherty makes [monumental huts](#) from bent sticks and reeds.



Prep

1. Cover your table
2. Gather natural objects and set them up alongside treasures, a low heat glue gun, and acrylic paints.
3. Invite your child to create.
4. If you're new to glue guns, show your child how to safely use the glue gun (see page 14).

WEEK FOUR: SCULPT

Nature Sculpture

Young Children

Easy building for toddlers: Set up a collander and pipe cleaners. Invite your child to poke the pipe cleaners in the holes.



Build with Boxes and Recyclables: Collect boxes and other recyclable materials and invite your child to build monumental structures. How tall can you make your structure?



Be open to their ideas: If your child wants to cut the paper or paint rather than build a sculpture, that's perfectly fine! Remember that a primary goal of process-oriented creativity is to empower children to follow their own ideas.



WEEK FOUR: SCULPT

Nature Sculpture

Extend it...

Make Junk Sculptures: Instead of natural materials, set up objects from the recycling bin and invite your child to assemble them into critters, vehicles, or houses. See more on this idea [here](#).



Make ornaments: Use the glue gun to attach yarn and hang your sculpture from a tree or indoors.

Introduce your child to the glue gun:

While the low-heat gun should not cause any burns, it's still smart to exercise caution when using it. Explain that you shouldn't touch the metal tip nor the warm glue as it comes out. Young preschoolers may need extra help squeezing the glue gun. This is an excellent way to build fine motor development and work on hand



Balancing Cups

Materials

Dixie Cups or other paper cups



Inspiration

1. [Artist Tadashi Kawamata](#) builds towering sculptures of chairs. Amazing!
2. Swiss artist Ugo Rondinone created colorful stacks of rocks in the Nevada desert called [Seven Magic Mountains](#).



Prep

1. Set up a small structure of cups to demonstrate the possibilities of stacking cups.
2. Invite your child to build.

Balancing Cups

Extend it...

Build with other materials:

Set up unit blocks, popsicle sticks and pompoms and invite your child to build.



Encourage new ideas.

Demonstrate the possibilities with these materials by building alongside your child. Come up with challenges by asking questions such as "I wonder if we can build a bridge" or "How tall do you think we can make a structure?"

Mix Media.

Turn this into a painting experience by offering your child paint to add to blocks. Shown here: liquid watercolors and unfinished wood blocks.

