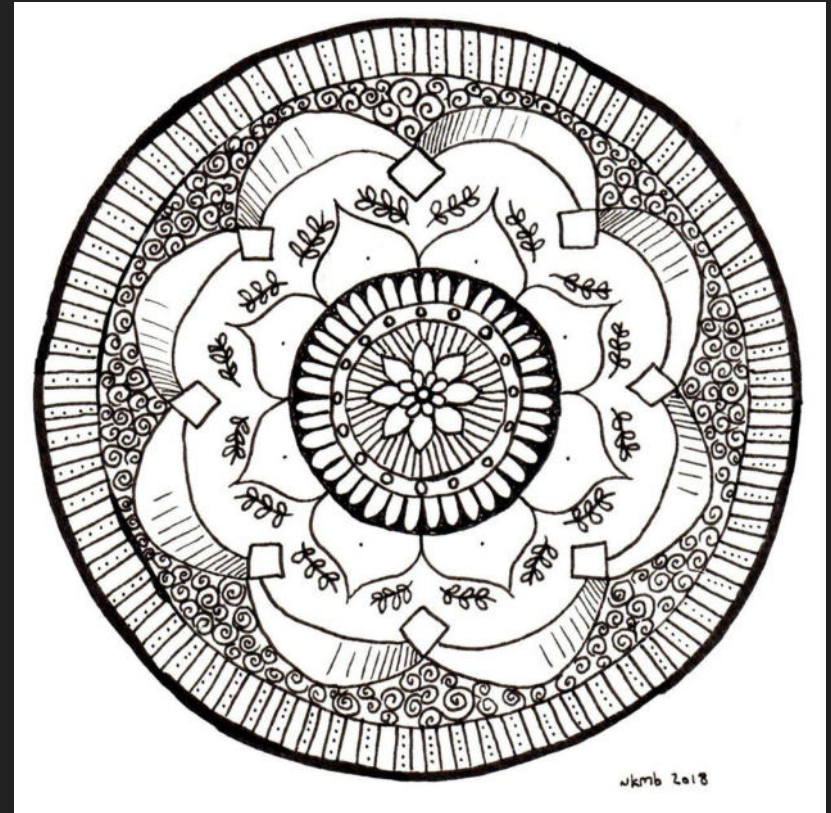


MINDFUL COLOR FORMS

What is Mindfulness?

What is Mindfulness?

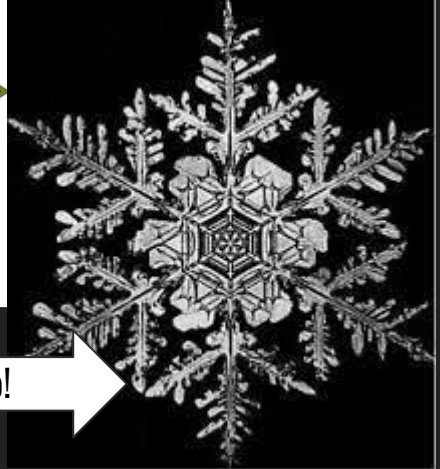
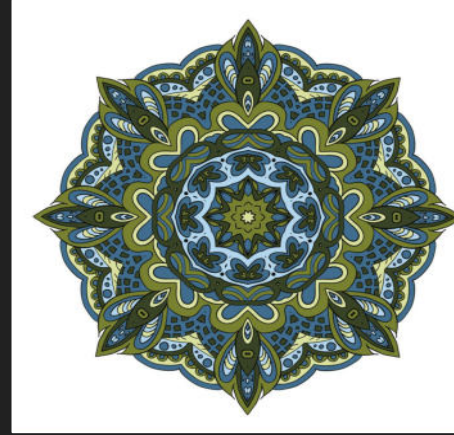
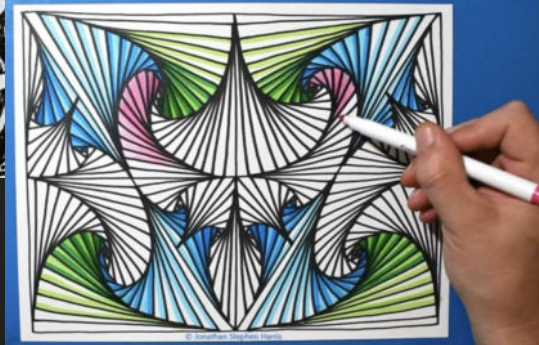
- Type of meditation in which you focus on being aware of what you're sensing and feeling in the moment.
- Involves breathing methods and guided imagery to relax the body and mind and help reduce stress.
- Mindful drawing is when you bring yourself (mind and body) to the present moment and get immersed in the act of drawing **without doing anything else simultaneously.**



Symmetry and Radial Symmetry in Art

Symmetry - when one side of an artwork reflects the other side.

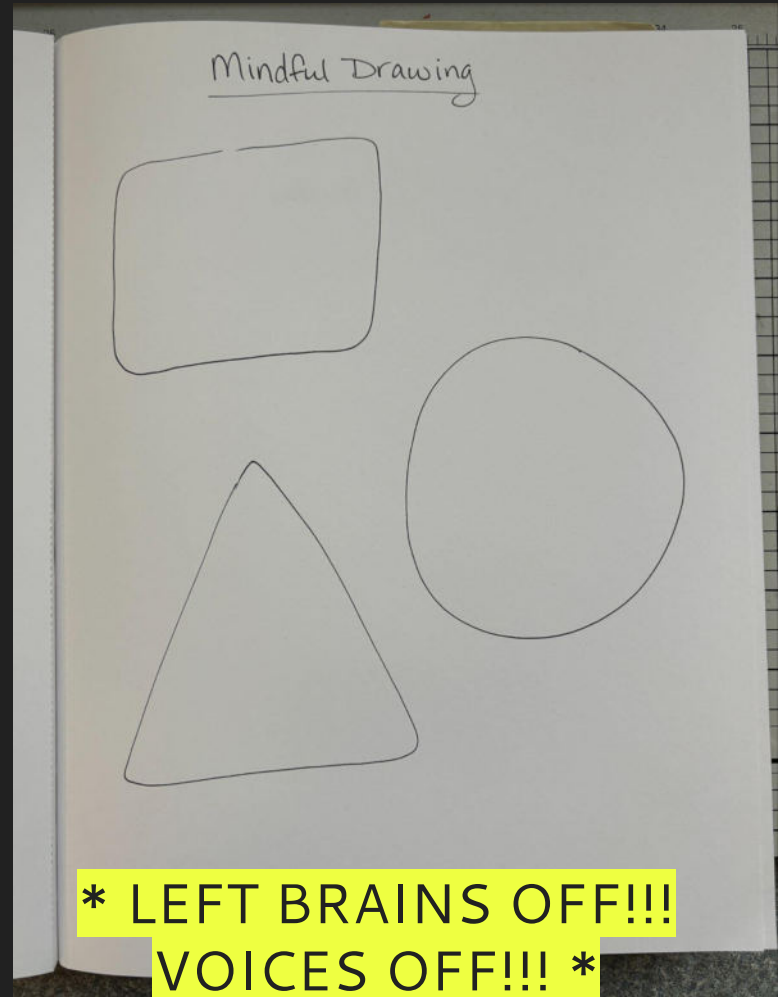
Radial symmetry - when a regularly arranged artwork radiates from a central point.



It happens in Nature too!

Steps:

1. Open to a fresh page in the FRONT half of your Sketchbook.
2. Draw three different shapes on this page. Your 3 shapes should almost fill the page.
3. Watch and listen to the Kaleidoscope video for a few minutes, begin an automatic, doodle drawing in one of these shapes.
4. Watch the video when you need a break or have lost your creativity.
5. After you finish filling one shape, move to the next. These drawings should take several minutes each.



KALEIDOSCOPE



MINDFUL COLOR FORMS

Demonstrate knowledge of color schemes.

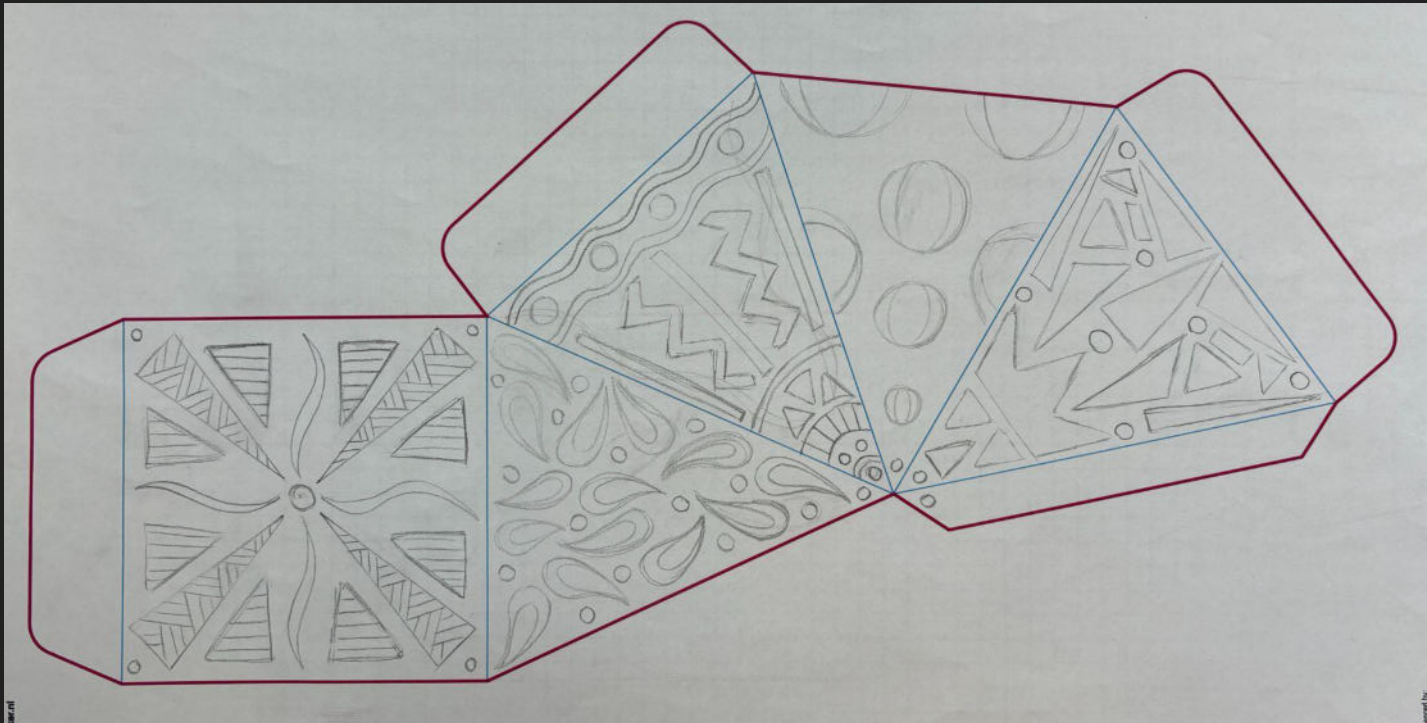
Practice colored pencil drawing skills.

Focus on lines, shapes and abstract symmetrical designs.

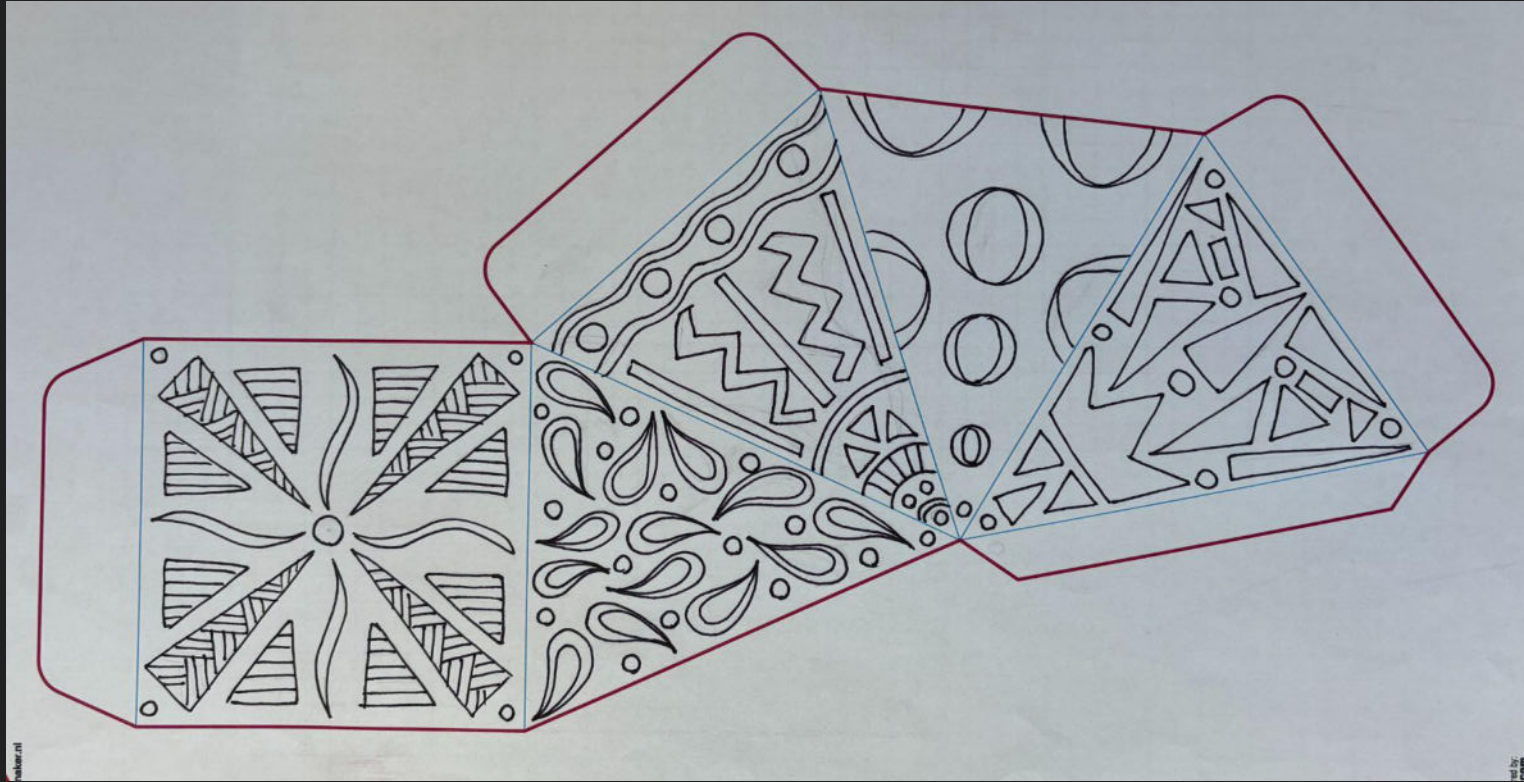
Create a 3D form that includes all FIVE of the color schemes we have learned.



After you practice some designs in your sketchbook, start your final piece. Draw designs lightly in pencil...



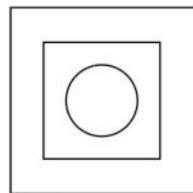
Ink over pencil lines...



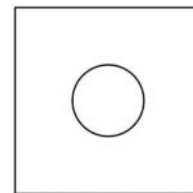
Plan your colors...

Name: _____ Block: _____

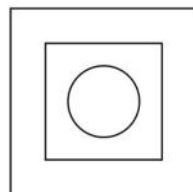
Choose a base color and use it to fill in the 5 circles below. Then fill in the remaining squares with the appropriate colors for each color scheme. List the colors used on the lines to the right of each color scheme. Use your color wheel and sketchbook notes as your guide.



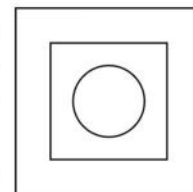
MONOCHROMATIC



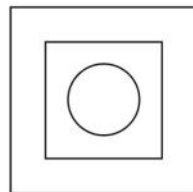
COMPLEMENTARY



SPLIT-COMPLEMENTARY



ANALOGOUS



TRIADIC

SCORE:

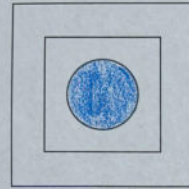
/25

Pick a base color...

You can choose any of the 12 colors on your color wheel to use as your base color.

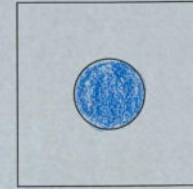
Name: Mrs. Duckworth Block: _____

Choose a base color and use it to fill in the 5 circles below. Then fill in the remaining squares with the appropriate colors for each color scheme. List the colors used on the lines to the right of each color scheme. Use your color wheel and sketchbook notes as your guide.



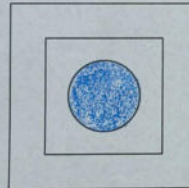
MONOCHROMATIC

Blue



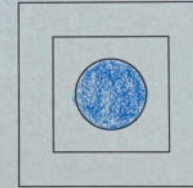
COMPLEMENTARY

Blue



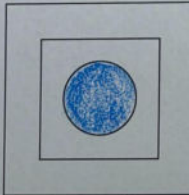
SPLIT-COMPLEMENTARY

Blue



ANALOGOUS

Blue



TRIADIC

Blue

SCORE:

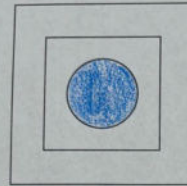
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List the colors...

Using your starting base color, write the names of the colors for each color scheme on the lines provided.

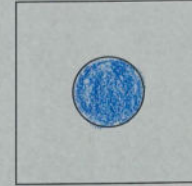
Name: Mrs. Duckworth Block: _____

Choose a base color and use it to fill in the 5 circles below. Then fill in the remaining squares with the appropriate colors for each color scheme. List the colors used on the lines to the right of each color scheme. Use your color wheel and sketchbook notes as your guide.



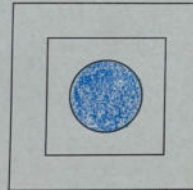
MONOCHROMATIC

Blue
Black
White



COMPLEMENTARY

Blue
Orange
Black
White



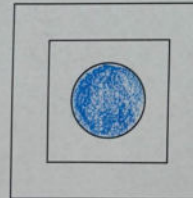
SPLIT-COMPLEMENTARY

Blue
Red-Orange
Yellow-Orange
Black
White



ANALOGOUS

Blue
Blue-Green
Blue-Violet
Black
White



TRIADIC

Blue
Yellow
Red
Black
White

SCORE:

/25

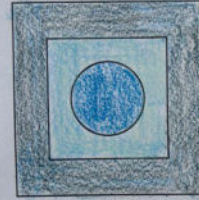
Fill in the colors...

In the squares, add the correct colors for each color scheme.

* Show teacher when done!
Both for grade and for accuracy!

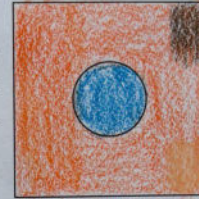
Name: Mrs. Duckworth Block: _____

Choose a base color and use it to fill in the 5 circles below. Then fill in the remaining squares with the appropriate colors for each color scheme. List the colors used on the lines to the right of each color scheme. Use your color wheel and sketchbook notes as your guide.



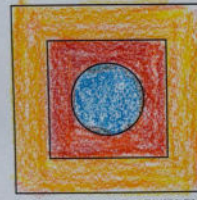
MONOCHROMATIC

Blue
Black
White



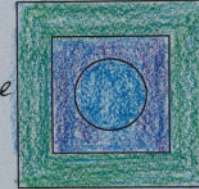
COMPLEMENTARY

Blue
Orange
Black
White



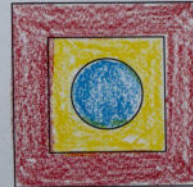
SPLIT-COMPLEMENTARY

Blue
Red-Orange
Yellow-Orange
Black
White



ANALOGOUS

Blue
Blue-Green
Blue-Violet
Black
White



TRIADIC

Blue
Yellow
Red
Black
White

SCORE:

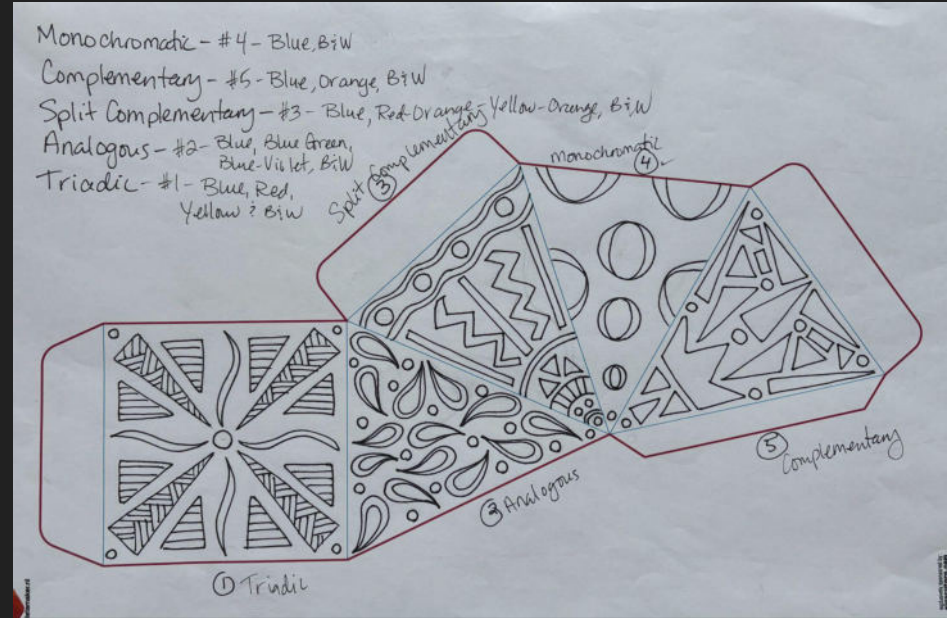
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Plan where each color scheme will be on your form...

Choose one color scheme for each side of your form

- if you have more than 5 sides on your form, you can use any color scheme

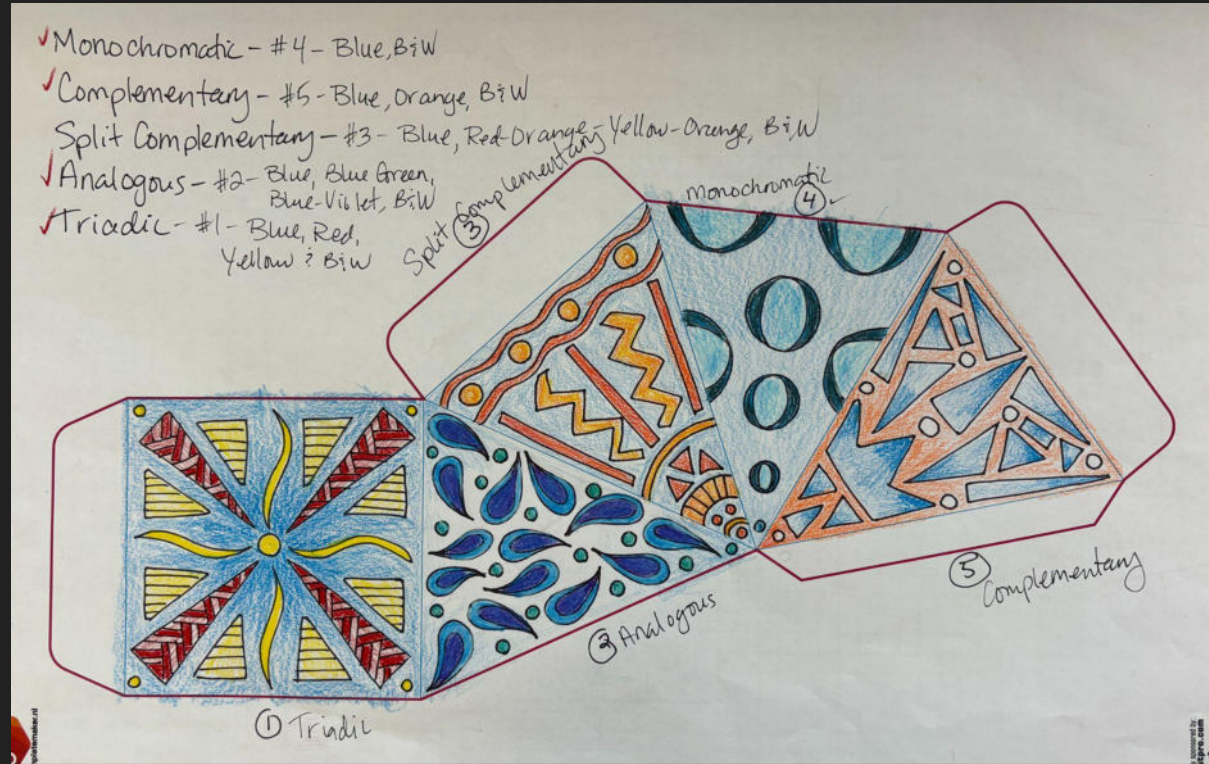
Label your drawing and write the color schemes you're using for each side on your paper.



Add color to your form...

Think about using...

- more/less pressure
- tints & shades
- Gradients



Once completely colored we will assemble together in class.

Assemble your form with white glue...



Give form and listed color schemes to teacher for grading.