Response Piece: Blot Paintings

Media:

- One or more sheets of 12 x 18 inch white drawing paper
- Watercolor paints
- Spray bottles
- Water
- Brushes
- Drawing media

Directive:

- Lightly wet your paper by spraying the paper with water
- When the paper is wet, you will use a paintbrush to randomly drop paint on the paper. Usually it is best to limit the number of paint colors to 2 or 3
- Next, fold the paper in half, rub it gently, and open it back up
- Finally, you will look at the painting from all directions, turning the paper to see it from different angles, until they see an image formed by the paint.
- When an image is found, and the paint is dry, you may use drawing media to complete the picture. If it feels necessary you may add or ignore lines, fill in color, or emphasize outlines. Sometimes no additions are necessary.

Adapted from: "Using Art to Treat Eating Disorders", Hinz, L.D (2006)