



## HeadSPACE

#CAPLAheadspace #uastrux #headspacepaint

### ***Anti-Stress Tool Kit \$20.00***

Creative activity can focus the mind, is meditative and has calming effects on the brain and body; releases dopamine and reduces anxiety, depression, and stress.

**Includes:**

**1 mixed media postcard pack**

**1 watercolor set**

**2 brushes**

**1 tape roll**

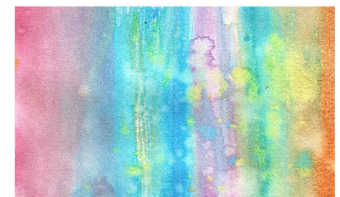
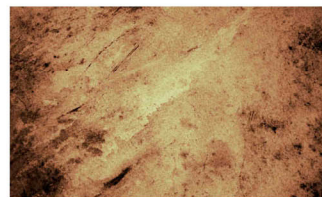
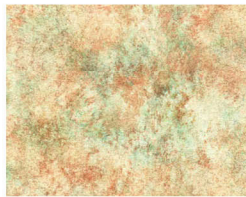
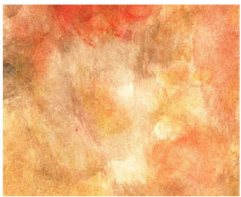
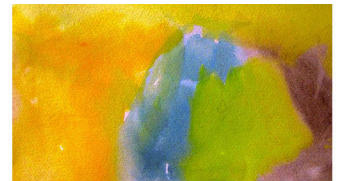
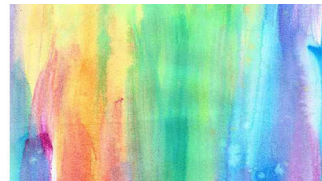
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## WATERCOLOR TECHNIQUES



**WATERCOLOR ON DRY SURFACE:** This technique gives you the most control over the flow of your ink.



**WATERCOLOR ON WET SURFACE:** Begin by wetting your surface before applying watercolor ink. The colors will blend better with softer edges, giving your watercolors a smoother appearance.

## COLOR THEORY

Color selection is important in any medium of art. Understanding color theory using the color wheel and these basic color schemes will help you learn how colors aesthetically work together to create harmony in your design.

### COLOR SCHEMES

**ANALOGOUS:** Analogous colors are 3 or more colors that are next to each other on the wheel (Example: yellow, yellow-orange, orange). This color scheme is often found in nature and is very pleasing to the eye.

