

# RESILIENCE PROTECTIVE FACTOR: EXECUTIVE FUNCTIONS



## WATERCOLOR MAGIC

### 1 MATERIALS

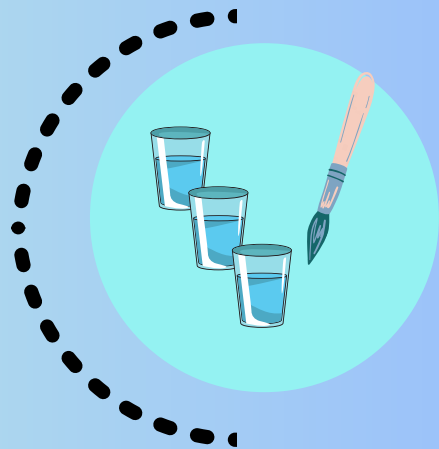
- Set of watercolors (one per child)
- Paint brushes
- Cups of water for each child
- Heavy white paper: construction paper, or watercolor paper



### 2 PREPARE PAINTS

Watercolors need to "soften" before use. Model this:

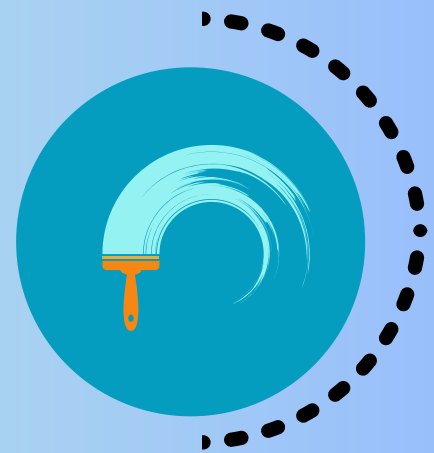
- Dip paintbrush into water cup.
- Wipe brush on cup rim
- Swirl brush onto one color of paint to moisten.
- Dip paintbrush into water again. Swirl to clean.
- Repeat until all paint colors have been moistened.



### 3 PREPARE PAPER

This step is optional but adds to the dream-like quality of paintings. And working memory!

- Dip clean (wide if available) brush into cup with clear water.
- Wipe on edge of cup
- Stroke wet brush across paper.
- Repeat above, left to right, then top to bottom, until paper is moist



### 4 PAINT

- Dip paintbrush into water cup.
- Wipe brush on cup rim
- Swirl brush onto one color of paint.
- Stroke color onto paper!
- Dip paintbrush into water again. Swirl to clean.
- Repeat til done!



### 5 ENJOY

After drying, the children's watercolor paintings can be displayed, used as backgrounds for drawing or collage, or even cut into shapes (with the child's permission) and used for class projects!

