

## RETURN TO YOUR SIT SPOT: PAINTING WITH WATER

Usually people paint with colorful paints, but you can also paint with just water!

### GATHER THESE SUPPLIES

- Cup or bowl
- Paint brush
- A source of water



### VISIT YOUR SIT SPOT

1. Start by spending 4 minutes making observations from your sit spot. Has anything changed since your last visit? Is it wet anywhere? Is it dry anywhere?
2. After 4 minutes, use your nature journal to write or draw what you remember observing.

### PAINT WITH WATER

1. Find a dry area where it will be okay to paint with water. If you can't find one at your sit spot, is there one nearby?  
*the sidewalk? stones? concrete? wood?*
2. Fill your cup or bowl at least halfway with water.
3. Bring your paintbrush and cup of water to your area.
4. Dip your brush in water and start painting! If you don't have a paint brush, try using your finger or a stick.

### How can we show respect when we paint with water?

We can choose a place to paint that will not be harmed by our activity. We can also ask an adult if we are not sure if it is a good place.

### Can you think of other ways to show respect?

### NEXT, EXPLORE:

- What can you paint? A tree? A frog? A flower?
- What can you write? Your name? Duke Gardens?
- Can you make a pattern?
- How much can you paint with one stroke?
- How long does it take water to evaporate? How much can you paint before it evaporates?
- Try different surfaces! Does your water paint look lighter or darker on the new surface?
- Does the weather make a difference? Sunshine or shade? Warm or cool?
- What happens if you use a different size brush?
- Can you find different ways to use a brush to put water on the surface?
- Try painting on your skin. How does it feel to paint on your skin?