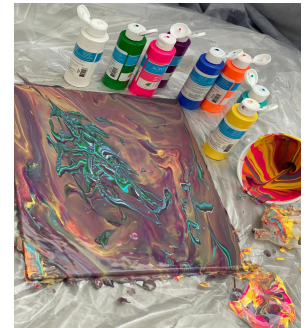
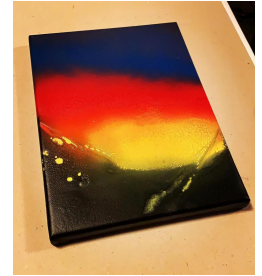


# Project focus



The focus on my project is based on “Pour painting and spray painting. I chose to focus on these types of painting because of the space it allows for sharing. As an learning artist, you are meant to share your creativity to the world. It takes the same place as being a teacher as both fields take on sharing to the world. There are many ways you can express yourself. In the next few slides you will see some pour and spray I have worked over the weeks, And each painting I gave a name to it that i thought went well with the paintings.



## Guidline Question

Is Painting good for my mental health and will it put my mind in peace?

## Materials

- Spray Paint
- Acrylic paint
- Canvases
- Paint Brushes
- Tape

## Timeline Guide

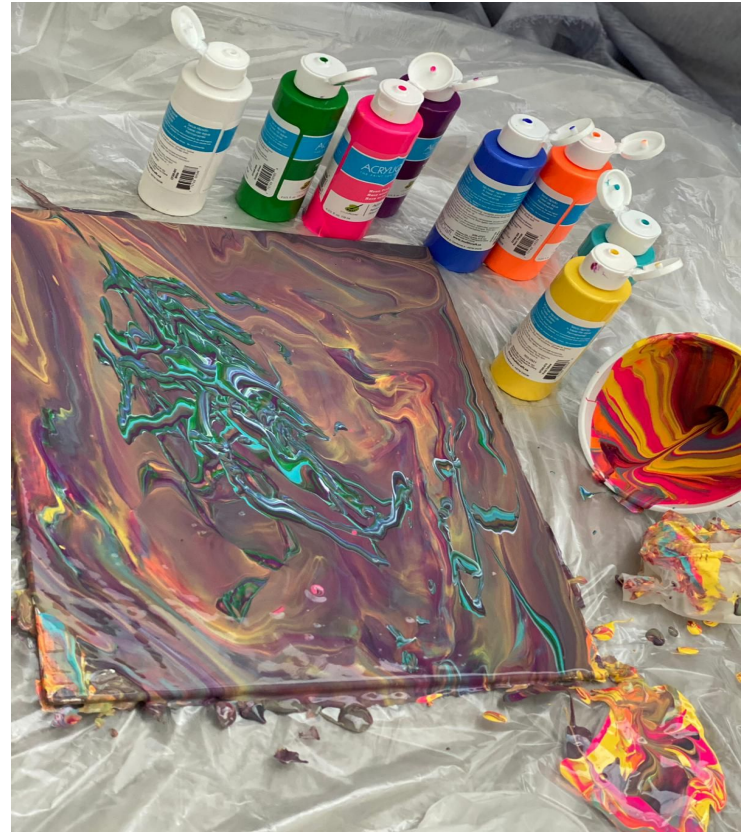
- Biweekly Art peace
- Biweekly Reflection



# Pour Away

This was my first pour painting and it turned out better than I thought it would. I used several different acrylic paints. First I put some of each paint in a funnel layering the paints, then i held the funnel in the middle of the canvas and let it do the magic.

When I was painting, the feeling of accomplishment engulfed my mind. I felt the urge to create a masterpiece. I concentrated on the pieces as if I was a child.

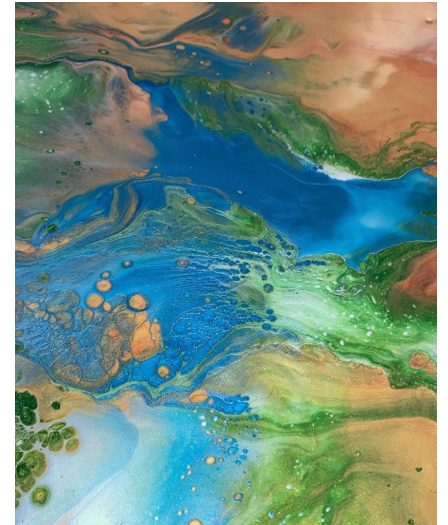


# Big expanse

This was my second painting which was also pour painting. This painting my sister helped with it as she is very good artist. We started with blue acrylic paint from the bottom of the canvas, then poured white, then green, gold, abit of brown. I also used brushes to dab the paint.

I gave the pieces a twists from looking at was was in front of me. Trying to feel the texture, the colors and the shadows I will create. It also feels very gratifying throughout the process.

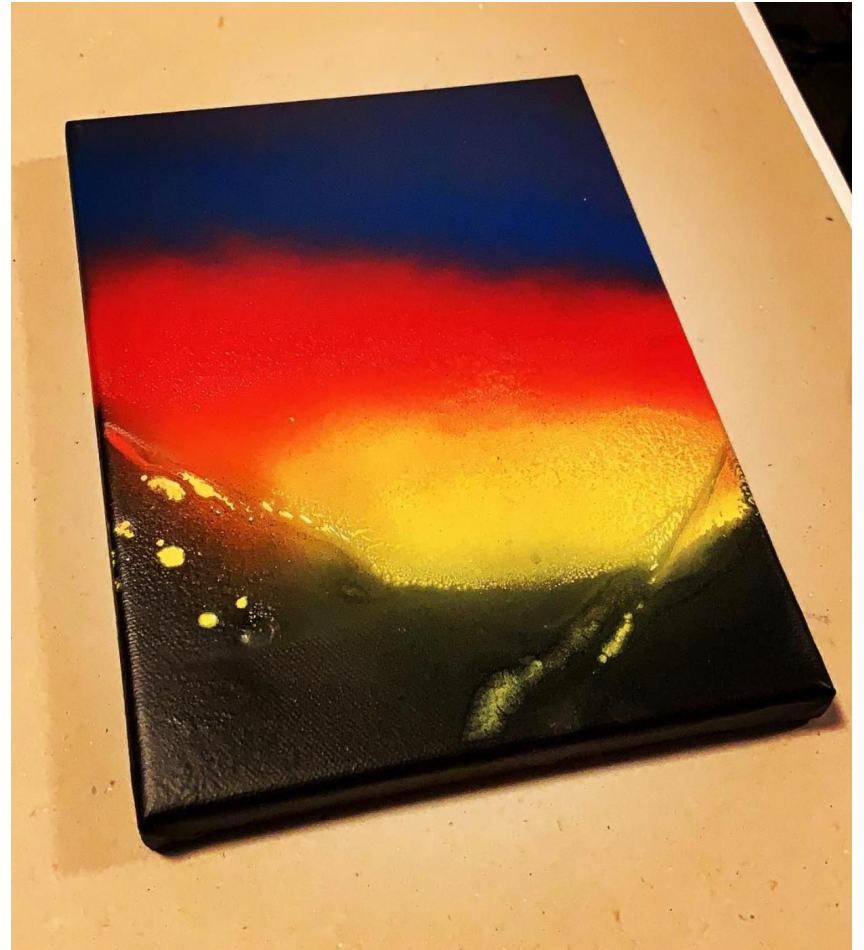
Considering I learn something every time I also feel very motivated to continue and practice newly found skills. There's nothing but good vibes



# Aurora

This painting here is my first spray paint. I was very pleasant with this painting. The first color i used was black spray paint from the bottom of the canvas,then i used blue up top of the canvas and mixed with black. Then added red and yellow in the middle.

I imagined as if it was the last time I will be creating a masterpiece. The subjects within the paintings were vivid in my mind. The feeling of viewing the work after it's finished is one of quiet consideration. Did I flow the message clear enough? Can I still feel it when I look at it from where I now stand?



# Yello

This piece is another spray paint, it is my favorite of my of all of them. It was very satisfying to do. The round yellow part I put a plastic as i sprayed the rest with black and yellow, then I cut cup from the top sprayed just yellow to make the round part neat.

This art piece depicts the sun's rays. While creating it, I feel in awe, I feel at ease, I feel relieved, I feel inspired, I feel like I'm lost in time. A lot of positive feelings. And most importantly, I feel happy about humanity. That something great happened in spite of all the chaos in the world, the sun still shines upon the earth.



# Luna

This here was my last peace of just random colors. It was pour painting with many different colors paint. My mom really liked it and hung it on wall of our living room.

I created this thinking about the planets in outer space. It gives me hope that things will change for the better through art because a lot of issues are being illustrated so creatively through art. A lot of messages are also being shared through art and it just makes me feel like humans are so full of incredible ideas. I find it amazing that humans can think of using art to spread a message. Even doing art itself makes me feel really good and so proud that I did something pretty.



**So is Painting good for my mental health and did it put me into peace?**

Focusing on painting allowed my mind to relax and let go of all the problems and demands that may have led to stress. When

I create something beautiful through painting, they stimulate the creative mind while also relieving mental strain. So the answer is YES painting is good for my mental health and has put me into peace.

This process was very satisfying and made fall in love with painting. I would do this million times over again.

**What have I learned during this process ?**

Art gives meaning to our lives and helps us understand our world. It is an essential part of our culture because it allows us to have a deeper understanding of our emotions; it increases our self-awareness, and also allows us to be open to new ideas and experiences.