

# Experimental Retreats

- 1) Complete any unfinished assignments as needed
- 2) Sketchbook prompt:
  - Draw your favorite food using the colored pencils in your box. Then, reflect on the following questions:
    - Where do you think this food comes from? / What are its ingredients?
    - Do you think this food is all natural? Is it Environmentally Sustainable? Why or why not?
- Reminder to photograph and submit artwork from first two lessons!
  - Sustainable Cities artwork
  - Sustainable Cities reflection
  - Nature Creations artwork

# Materials needed!

- 4 pigment powders: butterfly pea, spinach, beet root, and turmeric
- 4 popsicle sticks
- Plastic egg carton pallet
- One piece of the large rolled multimedia paper: cut in half
- Scissors
- 3-5 rubber bands
- Cup of water
- Spoon
- Paper Towel / napkin
- 3-5 sticks (for brush handles)
- Nature items for bristles (grass, leaves, etc.)

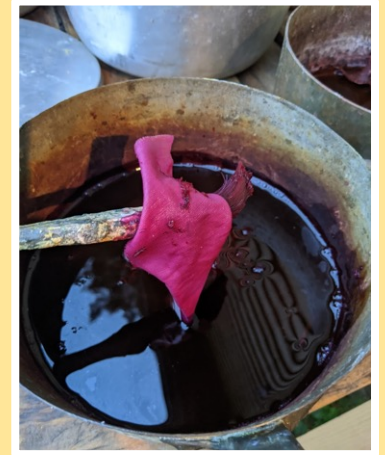


# The Cave of Hands, Argentina: 5000 B.C.





# Hellen O'Leary



# Examples of kitchen materials:

- Red: ketchup, beet root juice, cranberry juice
- Yellow: mustard, pineapple
- Blue: blueberries, blackberries
- Brown: cocoa powder, soy sauce, coffee

Look for other colored powders, juices, and liquids within your kitchen



