

## **A Playful Meditation with Water**

### **You'll need:**

- A container of water
- Paper (copier paper is fine)
- A sponge or paper towel
- Watercolor set (if you don't have any watercolors, you can substitute food coloring but be sure to protect the surface you work on!)

### **How to do it:**

- ~Use a sponge or a cloth to wet a piece of paper.
- ~Next, dip a brush into water, and then into one color in your watercolor palette.
- ~Touch the brush to the paper and watch what happens
- ~Add another color
- ~Play!