






# 'F' for a Field of Flowers everywhere!

## You will need:

-  Paint (any kind)
-  Paint brushes and other painting tools like cotton buds etc.
-  Paper (portrait)

For this term in art, we will be doing lots of different painting techniques, as it is the month of February, I will be setting you all a task to paint something beginning with the letter 'F'. So, for this week we are painting a field of flowers!

Have a look at my video and see if you can create a beautiful field of flowers:

<https://youtu.be/lhvV4OIZ178> (Part 1)

<https://youtu.be/QFmopyX70Cc> (Part 2)

Remember to take your time, relax and enjoy this art as painting is good for the mind, body, and soul. When people create something beautiful through painting, they stimulate the creative mind while relieving mental strain. A low stress level leads to a happier, healthier lifestyle and helps improve overall mental health.



Above are the flowers which Charlotte painted in our basement stairwell; they are a lot bigger than what they actually look like, but I still love them!

Take care,

Mrs. Lineker ♥

