

Craft Your Calm

Grab and Go Craft Kits for Adults

Bubble Painting Hydrangea Flowers

No need for a paint brush to create a watercolor flower painting. Just have fun and blow bubbles. To add an element of mindfulness to this project, take the time to concentrate on your breathing as you blow your bubbles. Your kit includes 2 sheets of watercolor paper, 1 sheet of leaf templates printed on green paper, 1 container of non-toxic acrylic paint, and 1 individually wrapped straw.



Please note that the paint provided is a non-toxic acrylic paint. If any paint gets on you, it will wash off with warm water and soap. It does not come off fabric as easily. With that in mind, wear clothes you do not mind getting paint on and cover your workspace with either newspaper or a drop cloth.

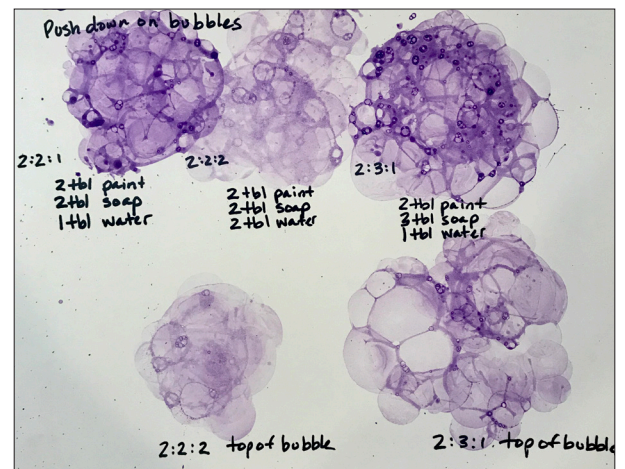
Having paper towels and/or old rags available for cleanup could also be helpful. This project also requires dish soap and a container for mixing the paint and dish soap together. *These items are not provided in the kit.*

Make Bubble Paint

A basic recipe for bubble paint is **2:2:1** which is 2tbl. paint, 2tbl. dish soap, and 1tbl. water mixed together in a container.

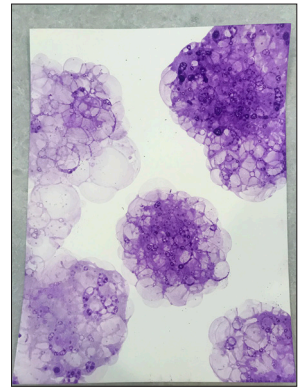
I also made a **2:2:2** mixture with 2tbl. paint, 2tbl. dish soap, 2tbl. water. This created a lighter color because the paint was more diluted.

Finally, I made a **2:3:1** recipe using 2tbl. paint, 3tbl. dish soap, and 1tbl. water. This was my favorite because the bubbles were more distinct and taller. All these recipes can be scaled up or down depending on how much mixture is needed for your project.



Creating the Flowers

Take the straw and blow some air into the bubble paint mixture. A shallow container works well because the bubbles come up easily. Once you get a clump of bubbles, take a piece of paper and gently press it onto the bubbles. Repeat this step to get your desired shape and color. Also, try to avoid touching the rim of the dish below so you do not create a solid paint line on the paper.



Adding Details

Once the Hydrangea flowers are the shape and color you like, you can start adding some details. One option is to cut out several leaf templates from the green paper. Keep the leaves plain or add lines by using a black Sharpie or pen.



Glue some leaves around the blossoms.



Another option is to use additional paint colors.



You could also cut out stems from the green paper and glue those down.



Add black lines to the flowers themselves. Create and add any embellishments that speak to you.

[Click here for a How-To -Bubble Paint Video](#)

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