

Greeting Card

Visual Arts



Set up

- Set aside 30 minutes
- Prepare the kitchen table for the session
- Gather materials:
 - Watercolor card/post card
 - Watercolor paints
 - Watercolor paint brush
 - Water container
 - Blue masking tape for painters (low tack, easy peel off)
 - Rags/paper towel
 - Acrylic paint (gold, silver, white)
 - Cotton swabs (Q-tips)
 - Glitter

Consciously Breathe

- Look your partner in the eyes and say, “Let’s breathe together”
- Take three deep inhales and exhales together

Sing and Move

- Sing the song “Happy Birthday” in English or another language/version.
- Begin to make up movements to go with the song
- Reminisce about favorite birthday celebrations/presents.

Call and Response

- Say the words below and have your partner repeat after each line
- Start by saying, "Repeat after me."

"Birthday Lights" by Calef Brown

*Light bulbs on a birthday cake.
What a difference that would make!
Plug it in and make a wish,
then relax and flip a switch!*

*No more smoke
or waxy mess
to bother any birthday guests.*

*But Grampa says, "it's not the same!
Where's the magic?
Where's the flame?"*

*To get your wish without a doubt,
You need to blow some candles out!"*

Create Together

1. Rip masking tape into random strips.
2. Place masking tape on card.
3. Paint watercolor on the paper, encouraging bold colors and color mixing. Paint over masking tape.
4. Remove tape to reveal white shapes.
5. Use Q-tips to add acrylic marks on the card.
6. Add glitter sparingly.

Celebrate Each Other

- Positively acknowledge a moment of accomplishment
- Savor the moment

Creating a Greeting Card



Put tape around card.
Rip tape lengthwise and leave excess tape beyond card.



Paint watercolor over taped areas.
Then remove tape.



Use Q-tip and acrylic paint to add details.
Sprinkle glitter.