

Sisters of the Crown

DIY Creative Projects

My Colorful Emotions Mosaic

Materials

- Fingerpaint or watercolor paper
- Paint and palette
- Salt and Sugar
- Gloves and wipes

Steps

Begin by asking the Lord to reveal your emotional, spiritual, and mental feelings.

Choose paint colors that resonate with these feelings. Avoid overthinking; follow your intuition. Create your color palette.

When ready, dip your fingers in the paint and apply it to your canvas.

Allow this time to be a childlike expression. Don't focus on your hand's movements; let the Holy Spirit guide you.

Check your emotions after completing a color.

If you need **healing**, **sprinkle salt** on the wet paint. If you feel **joy**, **sprinkle sugar**.

Leave your canvas to dry and spend time in reflection.

Afterward, share your experience with the group.

