



Homemade Watercolor Paints

Natural Pigments in History: People have been using natural paints for thousands of years and can be traced all the way back to early cave paintings where people often used clay or ash mixed with water to paint with.
(right image: Lascaux Cave Paintings)



Materials: Water, cooking pot, containers, thick paper, brushes, ingredients for watercolor pigments.

Suggested Natural Sources for Pigments:

Berries (strawberries, raspberries, etc), coffee & tea, and spices such as turmeric or cinnamon.

Instructions:

- 1) Gather the different items you would like to make your watercolors out of.
- 2) For larger items like berries, mash them up, mix with water to extract dye and then strain. Other than that, you can make coffee and tea or mix spices into water and use as is.
- 3) Layout a thick piece of paper and place each pigment into its own container with a brush.
- 4) Have your child experiment painting with their natural colors and assist them by identifying the color with its source.



Take it further: Watch Nat Geo for Kids Video about Cave Paintings:

<https://www.youtube.com/watch?v=SQwe9qf8gro>

Lesson adapted from nurturerstore.co.uk

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