

## CORNERSTONE 2020 RESOURCE

### Waking Up With Bob Ross: A Relaxed Painting Experience for Anyone *Session Type – Start Your Morning*

<b>AUTHOR(S):</b>	Brett Gurwitz
<b>SUMMARY:</b>	As Bob Ross said, “All you need to paint is a few tools, a little instruction, and a vision in your mind.” In this experience we will let artistic sensation Bob Ross guide us through the relaxed creation of a nature-filled painting full of happy little trees. Hidden within each brush stroke are lessons for our exploration that reach beyond the canvas. – Submitted by Brett Gurwitz
<b>TOPIC(S):</b>	Art, Relaxation
<b>LEARNING OBJECTIVE:</b>	<ul style="list-style-type: none"> <li>• Participants will have the opportunity to proudly create a nature-based painting</li> <li>• Participants will see themselves and everyone around them as artists</li> <li>• Participants will be able to carry positive lessons from Bob Ross into their day with them.</li> </ul>
<b>AUDIENCE:</b>	Small Group (5-15 people), Older campers and/or staff
<b>TIMING:</b>	60 minutes
<b>APPENDICES:</b>	Genesis 1 Text Bob Ross Quotes Handout Bob Ross episode video (there are tons of options on line)
<b>MATERIALS NEEDED:</b>	Canvas (any size) Acrylic Paint Brushes (1 inch brush, fan brush) Acrylic Paints: Red, Yellow, Blue, Green, Brown, White, Black, Purple, Orange Large Cups or Cans of Water Palates (Can use clipboards with waxed paper on them or small pieces of cardboard)
<b>SET-UP DETAILS:</b>	<p>Should take place in a room where painting can happen and participants can spread out and all see and hear the screen/tv. If they have a view of nature as well...even better.</p> <p>Participants should get there painting materials and find their own space in the room.</p>

### SESSION TIMELINE & OUTLINE:

00:00-00:03	Welcome and Framing
00:03-00:10	Chavruta Text Study
00:10-00:15	Hand out Materials
00:15-00:22	Bob Ross Text Study & Discussion
00:22-00:52	Paint Away!
00:52-00:57	Closing Reflection
00:57-00:60	Clean Up

1. Welcome and Framing: We are all artists. Today we will have the awesome opportunity to paint. Take a moment to set clear expectations for participants. (3 minutes)
2. Chavruta Text Study: Genesis 1 – Take a moment to read. With a partner discuss: What do you notice? What does this text say about creating? (7 minutes)
3. Hand out materials - palates with paint, brushes, water cups, canvasses, etc. (5 minutes)
4. Bob Ross Text Study: Back in chavruta, select a Bob Ross quote from the handout that resonates. Discuss: What stands out about it to you? Bring that quote into your painting and hold onto it throughout the experience. As we paint, listen for other quotes that stand out/resonate. (7 minutes)
5. Paint Away: Put on Bob Ross episode. Participants can follow along with the Bob Ross painting or they can create their own nature scape using some of his methods or they can do their own painting entirely and just listen to the soothing sounds of Bob Ross. Everyone must use the next 30 minutes to paint (30 minutes)
6. Closing Reflection: Take a deep breath. Close Your eyes. How did the quote you selected inspire you doing your painting? What were you proud of? How can this quote inspire you today and beyond? (5 minutes)
7. Clean up (4 minutes)

### ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

You can choose to show a clip of Bob Ross as inspiration as opposed to an entire episode, but allow all participants to paint a place in camp they love. The most important thing is that there are no mistakes, just happy little accidents. Embrace the opportunity to create. See the good in your creation.