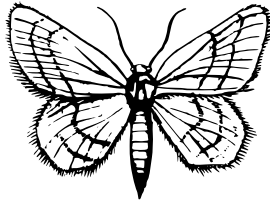


# LILY & THISTLE

## Nature's Art Club



**Welcome to Nature's Art Club!** Are you ready to have some fun exploring nature, making art, and learning more about a few of our natural friends? This month we are focusing on butterflies, moths, and snails. Have you seen any of these around your yard? Be on the look out! September is a great time to find them.

We have so many great ways for you to learn and explore. You can follow along and paint each subject with the included video, printable outline, and step-by-step tutorial. Or, if you'd rather color, check out the two included coloring pages. There is a fun poem (written by our own in-house poet) for you to enjoy too! Also, don't forget to check out the Fun Fact sheets, watch the interesting video links, and of course, get outside to write down or draw your own observations.

One last thing! You are invited to [join the Nature's Art Club private Facebook group](#) where we welcome your thoughts, observations, and discoveries. We'd love to see your paintings and coloring pages there, too. Don't be shy! We'd love to have you join in and share what you are doing.

OK, that's all for now. Until next time remember: your life is your art.

Your friend in Nature,



Hannah

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*All materials in this course are the exclusive original works of Lily and Thistle, LLC, except as otherwise designated.*

# Supply List for Nature's Art Club

You will be using the same basic set of supplies for each painting every month. You can easily find these supplies on Amazon, Blick Art, or at your local arts and crafts stores. Below is a list of these supplies:

- Canson Watercolor Paper pad (size 9x12)
- Winsor & Newman Cotman Sketcher's Pocket Box Set
- Round Brush Set (we will mainly use size 2 and size 6)
- *Waterproof* Black Pen to use for outlining (if desired)
- Pencil
- Paper Towel
- Water
- Graphite Paper (optional if you plan to trace not using your windows or a light box)

**Kid-friendly options for younger artists.** Most younger children naturally aren't as careful with paint (which can be a bit stressful!) so washable, less expensive, and mess-free options are what we had in mind with these supplies:

- Watercolor Brush Pens
- Washable Watercolor Paint set
- Card stock paper for printing outline (size 8.5 x 11)
- Crayons (to use with the coloring pages for kids who don't want to paint or to avoid the paint mess for the day)
- Tray (or cookie sheet) to keep art in one place

Check out this page for links to all items listed above on Amazon.

## **Tips for keeping your supplies organized and ready to use:**

- Keep everything in one place. Use a basket or a bin to hold all of your papers, paints, brushes, pens, water cups, paper towels, etc.
- If each person has their own paints and brushes, consider keeping each persons supplies in a Ziploc gallon bag. It will make it easy to gather and put away supplies, plus it's easy for grab-and-go if you decide to venture outside.



# How to Paint a BUTTERFLY Step-by-Step Guide



Gather your supplies and trace your butterflies / moth onto your watercolor paper. You can use a window or lightbox and trace it with a pencil or use graphite paper.



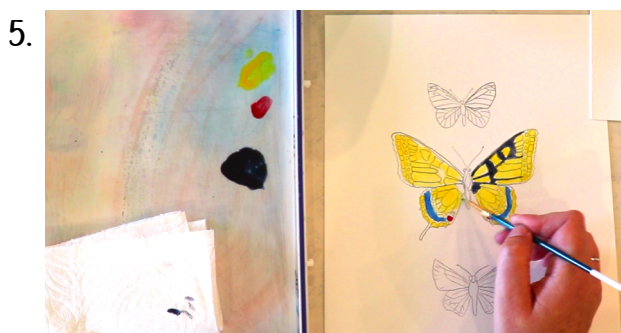
Let's start by making a batch of black paint. Mix your Intense Blue with Burnt Umber until you have a black color. Make a lot so you can use it throughout your painting process.



You may be tempted (like I was...oops!) to start painting in your black areas.. but wait! Let's block in the colors underneath first. You'll use a Round Brush Size 2 to do this.



Look at your reference picture. You can see a blue area and a red area on the bottom wings. Block those in. I used Alizarian Crimson (red) and Ultramarine Blue (lighter blue).



Now block in the yellow area. I used Cadmium Yellow.



Now it's time to use your black! Fill in all of the black areas using your reference picture as a guide. If you aren't comfortable painting in the thin lines with your brush, use a waterproof pen. I saved the antennae and eyes for when I outline with my pen.

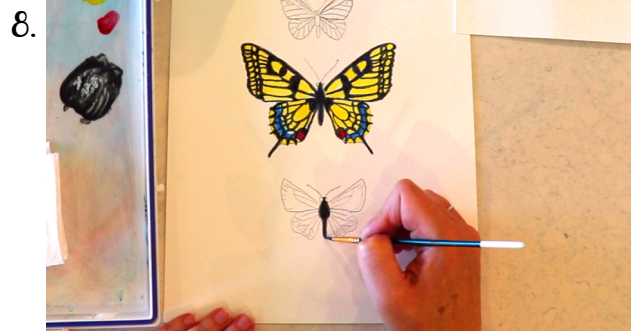


# BUTTERFLY

continued...



Once you have finished filling in all of the black areas, go over any areas that may need a little more paint.



Moving on to the Blue Moth! Use some of your black to fill in the body of your moth.



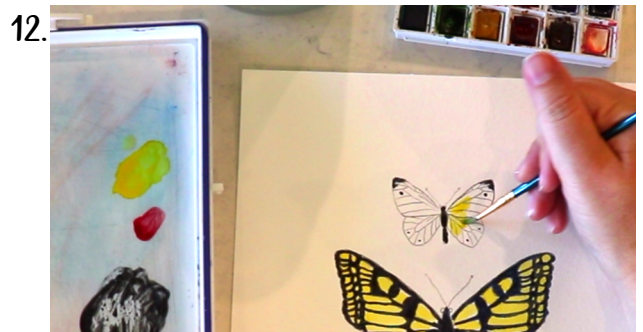
Fill in the wings with blue. I did a mixture of Intense Blue and Ultramarine Blue here.



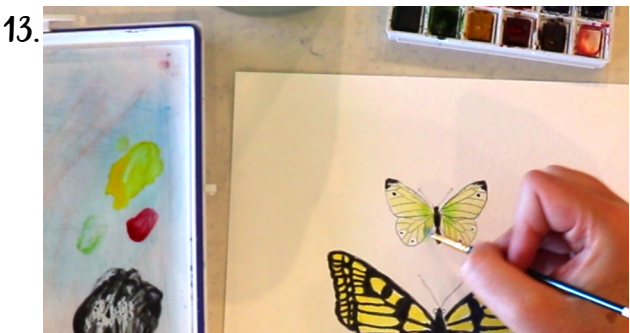
Now add black to the edges of your wings and inside close to the body. Fan the black color in or out to make it look more natural.



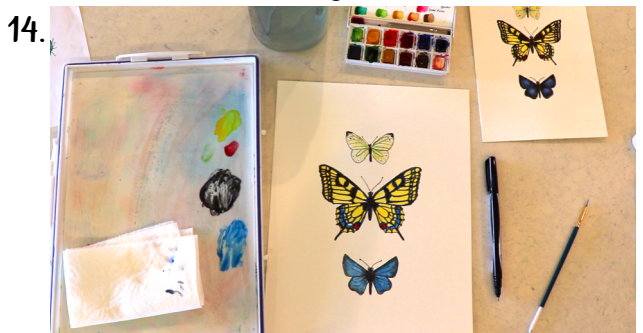
Now it's time for the Cabbage Butterfly! Fill in all of the black areas using your black paint.



At the center of the butterfly add yellow (Cad Yellow) and then wash out your brush and fan out so the edges are almost white.



Now add just a touch of Sap Green to each center side and fan out towards the edges.



Last step is to outline everything. I went over all of the lines I could see (antennae, eyes, lines on the wings, etc.) Enjoy and share it! :)



# How to Paint a **SNAIL** Step-by-Step Guide



Gather your supplies and trace your snail onto your watercolor paper. You can use a window and trace it with a pencil or use graphite paper.



Let's start by blocking in our colors. Use a Size 6 Round Brush and do a very light coat of Intense Blue (which is a grey/blue color) on the body of the snail.



Next, go over the whole body with a light coat of Burnt Umber (the darker brown). I made the underside of my snail a bit darker to show shadows.



Now fill in the snail's shell with a light coat of the lighter brown called Burnt Sienna.



While the shell is still a bit damp, add some lines to his shell (or any decoration you want...there are so many kinds of shells.. just have fun!) I made my lines curve to follow the shape of his shell.



Now make a nice dark grey color by mixing some of the Intense Blue (darker blue) with Burnt Umber (darker brown). Use the tip of your brush to define the lines on the snail. This will help with shading. Make sure to do two dots for his eyes!

# SNAIL

continued...

7.



Go over the lines with a wet brush (no paint) and just move the paint around a bit so the lines look soft and natural.

8.



Use some more of your dark grey mixture to define your shell. Just imagine where the shadows would be and make it darker in those areas. Go in with a wet brush again to make the lines soft.

9.



After your painting is completely dry, you can choose to outline everything with a fine tip, waterproof pen. I like to do this because I like the way it looks but you may like it without the outlines. You decide :)

10.



And that's it! Now go and hang up your beautiful snail or even better give it to someone else to enjoy!

# Watercolor Outline and Reference Photo

Included you will find a watercolor reference photo of the final painting. You can use this as inspiration or as a guide as you paint. Remember that your painting doesn't have to look like mine! You can add different colors, details, backgrounds, etc.! Just have fun with it. You'll probably love some of your work and like some of it less. That's normal and part of the learning process. Embrace your mistakes and keep going!

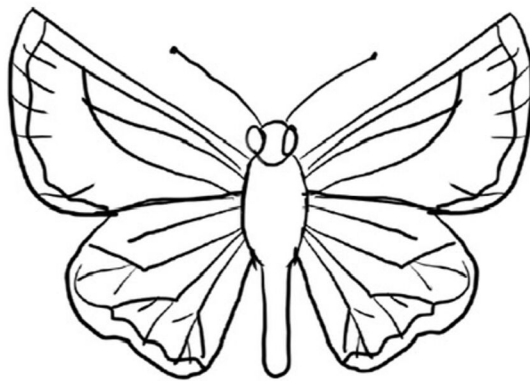
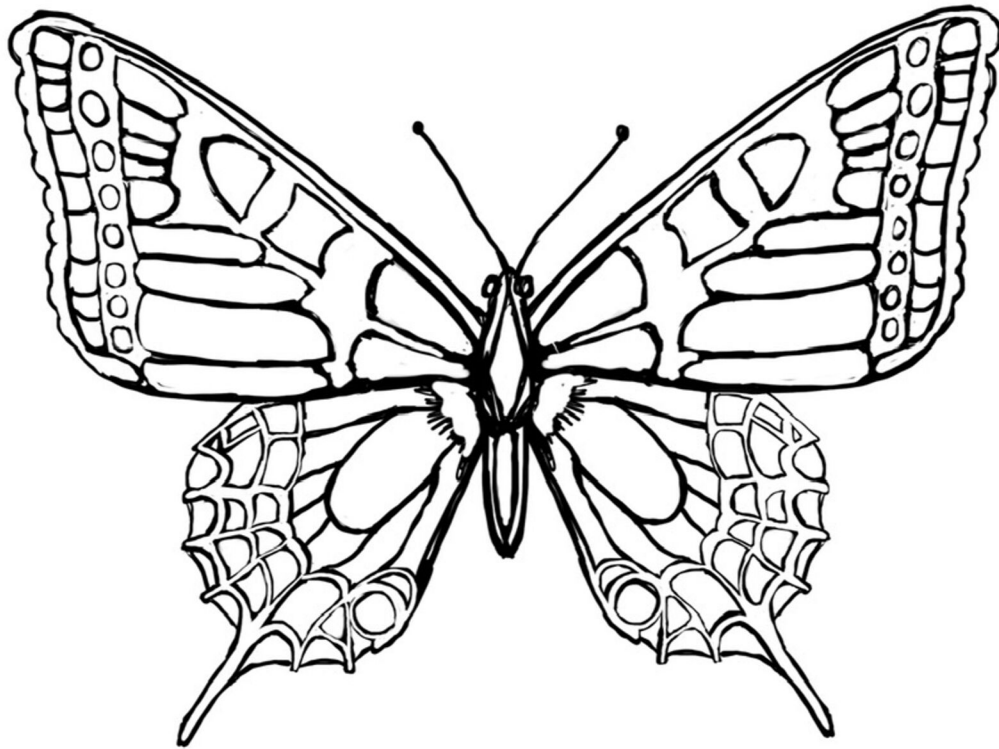
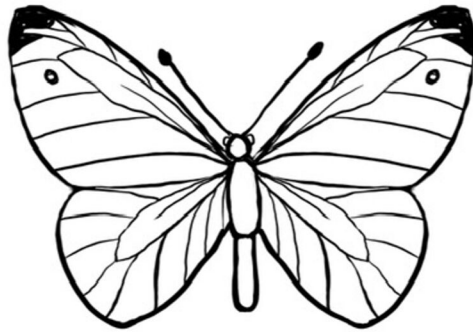
Also included on the following page is a watercolor outline that you can use as a guide to either sketch the project yourself or to trace using a light board or the nearest window! Not sure how to do this? Just tape your outline to any window during the day, lay your watercolor paper over it and trace away! You can also purchase a light board or download the Softbox app for your iPad (I use the white setting).



## Coloring Pages of Our Natural Friends

We've included coloring pages of each natural friend we will be studying this month. If you aren't up to painting today or have a child who isn't quite ready for painting, print the coloring pages and have some fun! Don't forget to share with us on the Nature's Art Club Private Facebook Group! We'd love to see what you're working on!

# WATERCOLOR OUTLINE



© LILY & THISTLE

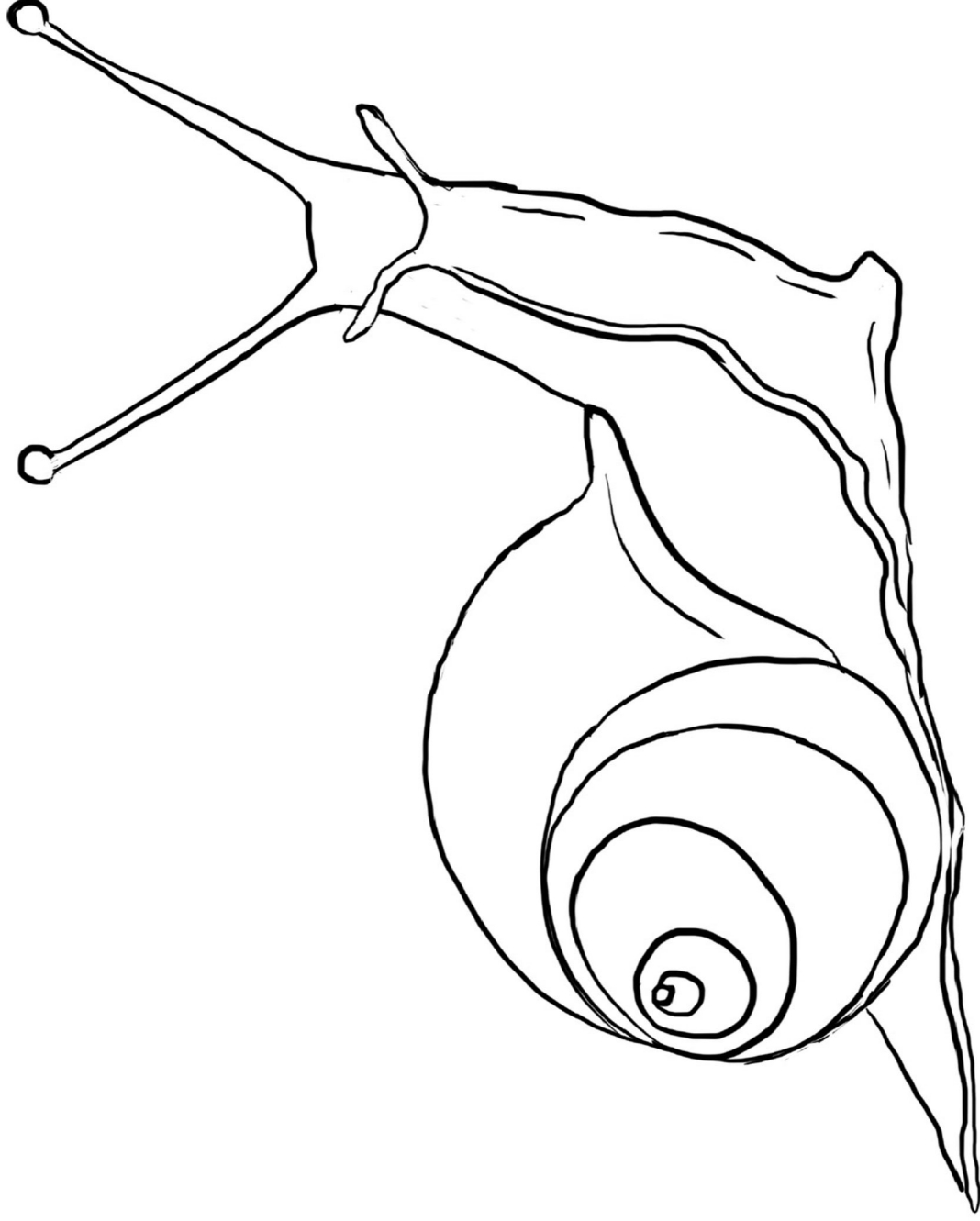


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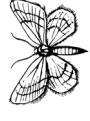




# WATERCOLOR OUTLINE



© LILY & THISTLE

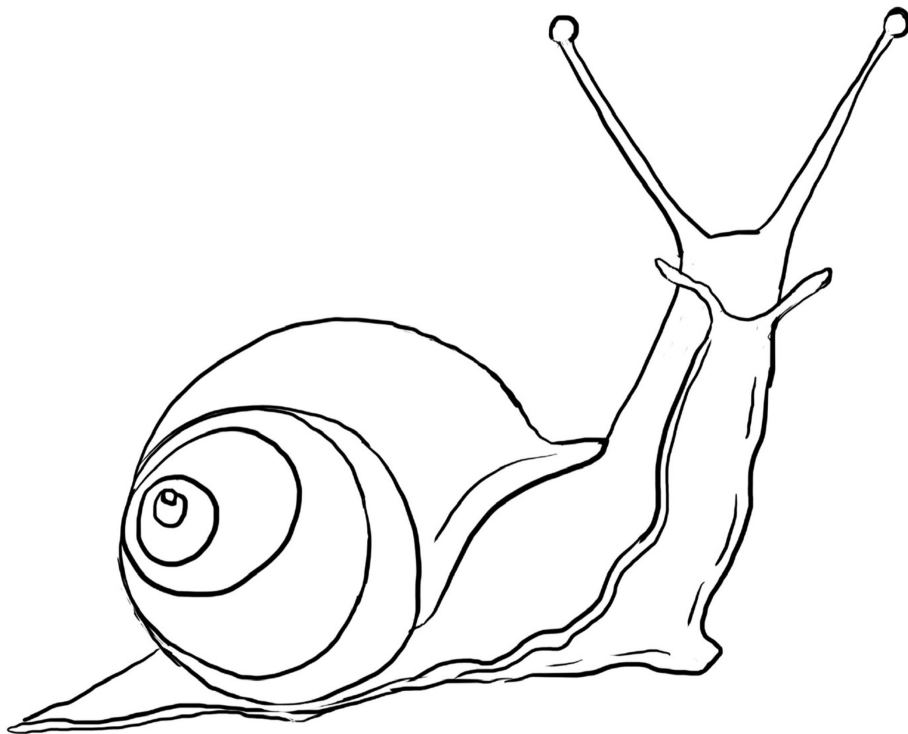
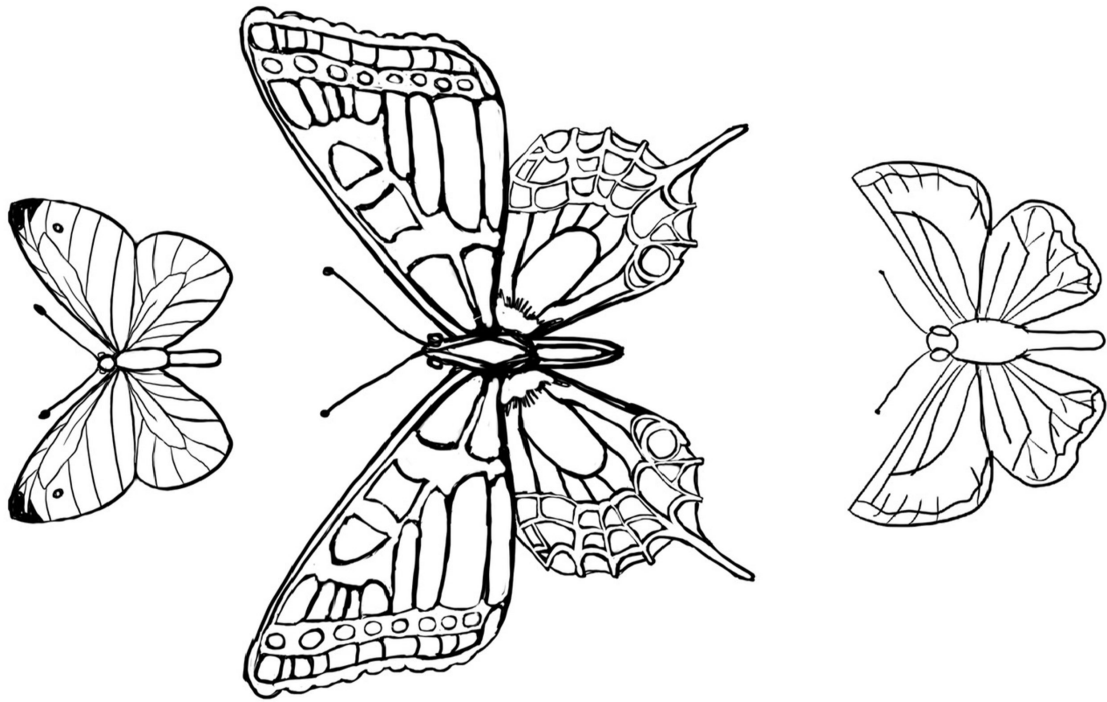


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# WATERCOLOR OUTLINE



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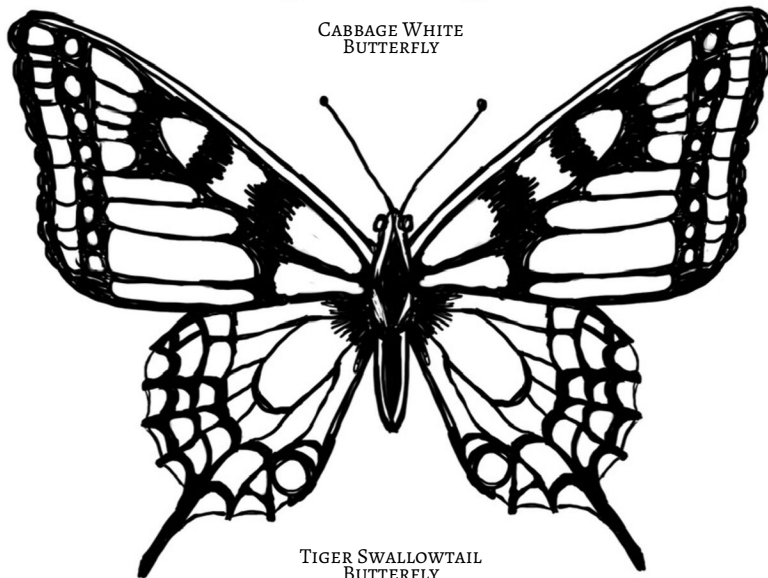
NATURE'S ART CLUB



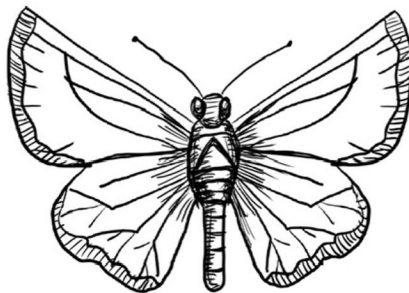
# BUTTERFLIES & MOTHS



CABBAGE WHITE  
BUTTERFLY



TIGER SWALLOWTAIL  
BUTTERFLY



BLUE PYRALID  
MOTH

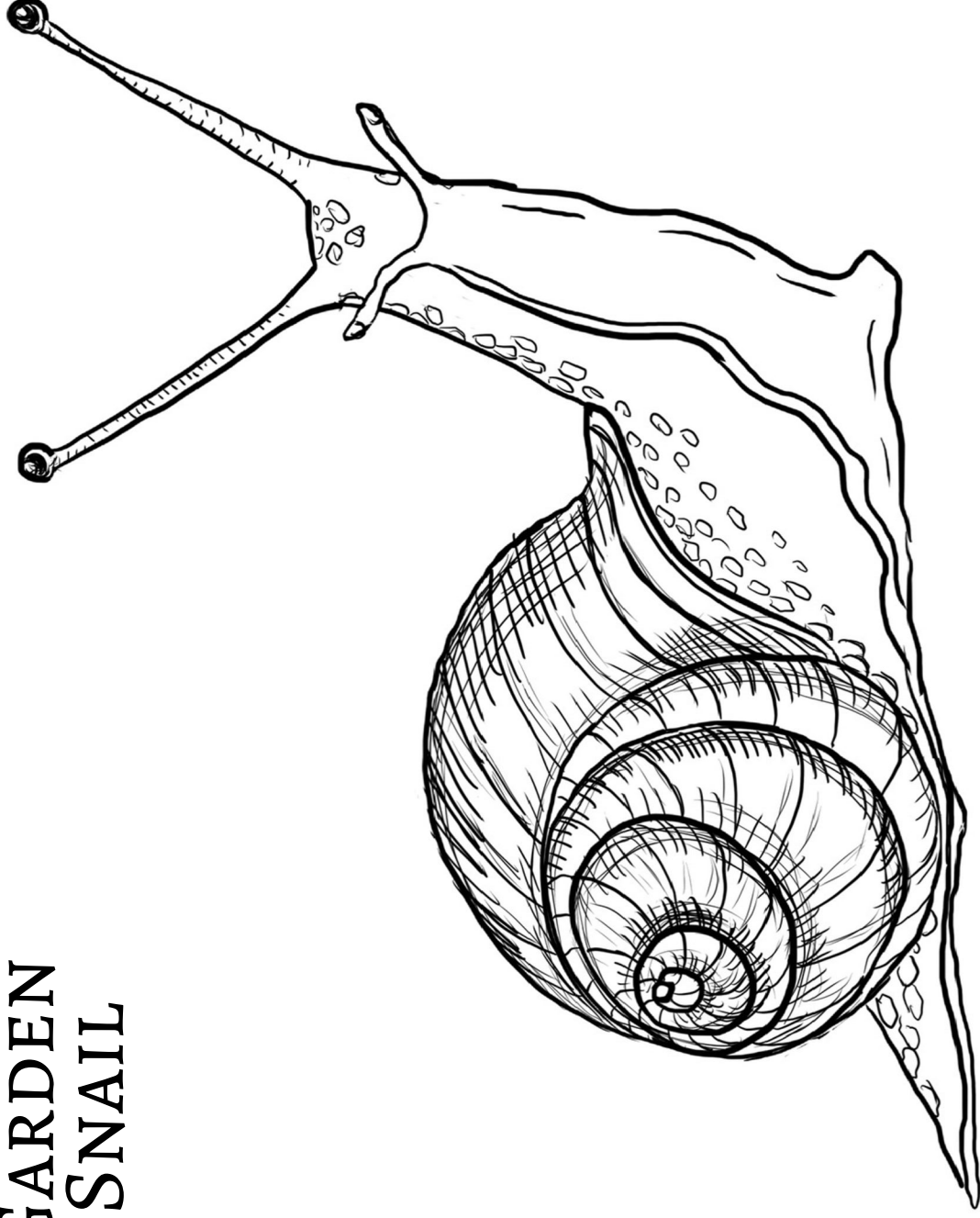
©LILY & THISTLE



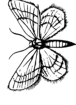
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# GARDEN SNAIL



© LILY & THISTLE



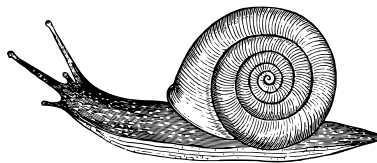
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# Did You Know?

## FUN FACTS ABOUT BUTTERFLIES AND MOTHS

- There are more than 17,500 recorded species of butterflies and moths that live on earth. And we are finding new ones all the time!
- Butterflies and moths go through a change called metamorphosis. This is a cycle all insects go through. They start as eggs and hatch as caterpillars (or larvae), next they make and enter a cocoon (pupa), then they grow inside the cocoon and come out as a butterfly or moth!
- Butterflies and moths have a lot in common. Like all insects, they have six legs. Most adults have two pairs of wings and they both have dust-like scales that cover their wings, body, and legs.
- Moths are awake and busy at night while butterflies do their best work during the day.
- Moths' bodies are thick and usually fuzzy while butterflies' bodies are slim and shiny.
- Butterflies are known as the dancers of the insect world. Sit and watch one for a while and you'll understand why!
- Each has a long tongue that is like a big curled up straw. Their tongue uncurls to eat and then curls back up when they are full. It fits perfectly inside their mouths.
- When butterflies rest, their wings come together and point up. When moths rest, their wings lay flat.

Sources:  
[www.easyscienceforkids.com](http://www.easyscienceforkids.com)  
[www.kidcyber.com](http://www.kidcyber.com)  
[www.kidsbutterfly.org](http://www.kidsbutterfly.org)  
[www.thebutterflysite.com](http://www.thebutterflysite.com)



## FUN FACTS ABOUT SNAILS

- North America has about 500 different kinds of snails!
- When snails feel threatened, they usually retreat into their shell to protect themselves.
- The largest land snail is the Achatina or the Giant African Snail. They have been found in the wild to be as long as 12 inches(30 cm)!
- After snails hatch from their egg they can eat their own shells and even the other egg shells of their siblings.
- Most snails live from 2 to 5 years but some have lived longer than 15 years.
- In France, edible snails are a gourmet food and cooked in a dish called escargot.
- In some places, people eat snail eggs, and call them "white caviar."
- The mucus of the garden snail (snail mucin) is known to treat wrinkles, spots, and scars on the skin.
- Most snail species are hermaphrodites, so they have both male and female reproductive organs.
- The speed of snails is around 0.5-0.8 inches(0.12-0.20 cm) per second. If they moved without stopping, it would take more than a week to complete 1 kilometer (about half a mile).
- A single garden snail can have up to 430 hatchlings a year!
- The size of the shell of a snail reflects its age.

Sources:  
[www.snailworld.com](http://www.snailworld.com)  
[www.wikipedia.org/snails](http://www.wikipedia.org/snails)

# Lessons from Our Natural Friends

NATURE CAN TEACH US SO MUCH! CHECK OUT THESE VIDEOS  
AND SEE WHAT YOU LEARN AS YOU OBSERVE.

*Life Cycle of a Butterfly - National  
Geographic (2 min):*

<https://youtu.be/kVm5k99PnBk>

*Snails, Slugs, and Slime - Animal  
Science for Kids (3 min):*

<https://youtu.be/c8ma6vDvXAM>

*Dominique Lalonde Films Nature -  
Monarch Butterfly Life Cycle (15 min):*

<https://youtu.be/v4eKxyawNcQ>

*See How They Grow - Snails - Eye  
Witness Channel (10 min):*

<https://youtu.be/j2TUAsVksWQ>



## What Did You Observe?

As you watch the movies listed above, or even better go outside and find your own butterfly, moth or snail to observe, take some time to really study it. Pretend that you have to describe it to someone who's never seen one before. How would you explain it to them?

Ask some questions. What makes you go, "hmmmm" or say "I wonder"? No question is off limits. Think of as many questions as you can. Now you are curious! See if you can find some answers!

*Use the worksheet on the next page to write down your observations. Also, please share! Go to the Nature's Art Club Private Facebook group and share your art and observations with our community!*

[www.lilyandthistle.com](http://www.lilyandthistle.com)

# Your Observations

If you had to describe a butterfly or moth to someone, what would you say?

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What curious new things did you discover as you watched and read about butterflies and moths?

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Write down any questions you have about butterflies and moths. See if you can find at least one answer:

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Describe what a snail looks like to someone who has never seen one before:

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What curious new things did you discover about snails?

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Write down any questions you have about snails and see if you can find at least one answer:

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# THE BUTTERFLY AND THE SNAIL

By: B. Bugs Anderson

Mrs. Butterfly's flight was a fail,  
For she had a great break in her tail.  
Though she tried and she tried.  
She just flipped side to side,  
So, she asked for a ride on a snail.

The two had some time just to talk  
For snails slimily slide, they don't walk.  
"Please hurry," she begged,  
"For I must lay my eggs.  
I just need some leaves and a stalk."

So, the snail then poured on the power,  
And it took him just under an hour  
To cross the flower bed.  
Where Mrs. B spread  
Her eggs on the leaf of a flower.

