



THE SEED OF COMPASSION: LESSONS FROM THE LIFE AND TEACHINGS OF HIS HOLINESS THE DALAI LAMA

By His Holiness the Dalai Lama

ART PROJECT VIDEO – MATERIALS LIST AND INSTRUCTIONS

Containers

Terra cotta clay or paper mâché flower pots

Recycled items (aluminum cans with blunt edges, empty plastic Jello containers, large plastic laundry detergent caps, etc.)

Potting soil

Seeds or small plants

Tissue Paper Collage Planter

Container (see above)

Scraps of tissue paper, assorted colors

School glue

Small amount of water to dilute glue

Paint brush

Cut or tear tissue paper into small pieces.

Pour some school glue into a container (use a recycled lid, etc.). Then add a small amount of water to the glue, stirring together with a paint brush to get a spreadable consistency.

Apply glue mixture to a section of your planter. Start adding your tissue paper pieces to the area with the glue, overlapping the pieces. Continue brushing on glue mixture and adding tissue paper until entire container is covered. It's okay to have the tissue extend over the edges. You can press it down to the inside or bottom in the next step.

Brush the glue mixture over all the tissue pieces on the container, folding pieces to inside or bottom of container if they extend over edges. This creates a glaze effect. Allow to dry.

Polka Dot Planter

Container (terra cotta or paper mâché pots work best)

Acrylic or tempera paint, assorted colors

For dots: recycled corks, small round sponge brushes, paint brush handles, cotton swabs, etc.

You can use your pot as is or paint it with a base coat. Then let it dry.

When pot is dry, make dots all over in any color(s) you like.

Fingerprint Planter

Container (terra cotta or paper mâché pots, recycled aluminum cans with blunt edges)

Acrylic or tempera paint, assorted colors (put a small blob of each color on a plastic lid or paper plate)

You can paint a base coat on your planter or leave as is. Dip a finger in the paint and make fingerprints on your container to create flowers, butterflies, or anything you want.