



# RESIN ART FLOW

This week, we'll work with a new and versatile material: resin. Certain trees and plants naturally secrete resin in response to injury or environmental stress, producing a hardened substance that protects the plant from pests. An example of naturally-occurring resin is amber, a fossilized resin has been used in jewelry and folk medicine since the Stone Age. Today, synthetic resin (e.g., epoxy) is commonplace for crafting jewelry, coating paintings and furniture, and preserving items found in nature (e.g., dried flowers, insects). Resin's viscosity and versatility make it ideal for creating work that stands the test of time.

Early in the pandemic, you may have seen resin art flow videos populate your TikTok or Instagram feed. With Covid's era of hobby-hopping, this art form has made a rightful comeback. This week, the goal is to create a fluid painting (example below). Briefly, the steps are to combine a one-to-one ratio of epoxy resin and hardener, add pigments to your surface, and apply heat to distribute and swirl the colors. Dry time is 24-72 hours, and no prior artistic experience is needed!



Amber, a natural resin

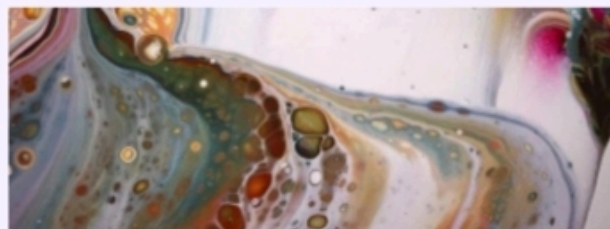
## REASONS FOR RESIN: THE HEALTH PERSPECTIVE

While routines are important for productivity and being goal-oriented, it is equally important to unwind and take part in hobbies that soothe our psyche. When practiced long term, hobbies play a role in life satisfaction and successful aging<sup>1</sup>. Not only can hobbies shape your health, but you also never know if your hobby could become a business or inspire your career. Invite yourself to try out resin art this Friday, you never know if it just might 'resonate' with you!

Cheers,  
 WoV Steering Committee



Preserved flowers



Reference:

<sup>1</sup>Adams-Price, C.E., & Morse, L. W. (2018). Crafts as serious hobbies: Impacts and benefits in later life. *Craft Research*, 9(1), 93-102.