

Primal Painting

By [Marijke Liefthing and Iris Verbakel](#)

In this resource Marijke Liefthing and Iris Verbakel, an art teacher from The Netherlands, shares a workshop session in which children explore a kitchen garden as a source for natural pigments. We love the open-ended, exploratory approach which enables children to take ownership of their learning, and to discover their own colour palette.

Introduction

Primal Painting is all about natural dyes and stains from plants, herbs and soil. Children in the city of Eindhoven (the Netherlands) do not have a lot of opportunities to see vegetables grow, as is the case in most cities. We do think it is highly important to enable children to have contact with nature. They will feel so much more respect after experiencing the growth of plants and understanding the vital role animals play.



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