



ISSUE NO.7



THE
SKETCHBOOK
SOCIETY

CREATE TOGETHER | GROW TOGETHER



MAR. 15TH
2026

CLASSROOM
GROUNDED IN THE GARDEN

WELCOME

Spring arrives with an invitation to slow down and notice, the light shifting, the garden waking, the quiet return of color. This round of Sketchbook Society answers that invitation with **Grounded in the Garden**, a watercolor class by artist Natalie Mecham.

Natalie believes that making art offers the same nourishing presence as sitting beside a garden with your hands in the earth. In this class, she guides us through expressive watercolor portraits, florals, and garden-inspired studies, weaving in mixed media touches and a philosophy of creative grounding: that the act of making brings us back to ourselves.

Each lesson fits beautifully within the pages of your sketchbook, and if you feel called to work larger, these studies are a natural springboard.

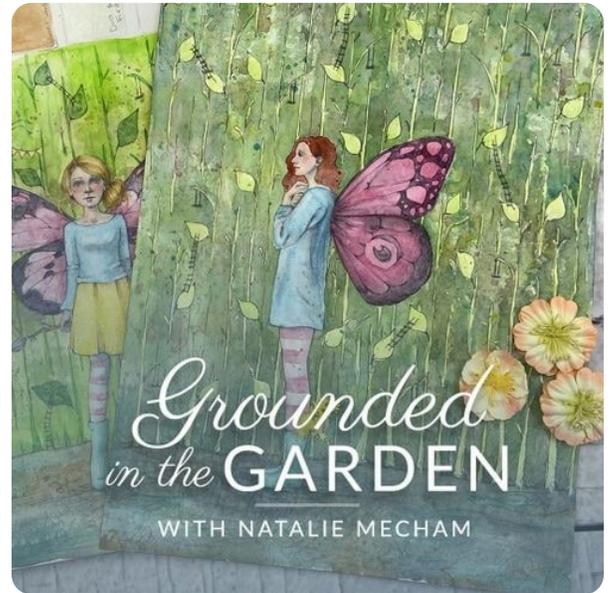


OUR LATEST CLASS

GROUNDED IN THE GARDEN

BY: NATALIE MECHAM

BEGIN CLASS



IN THIS CLASS, NATALIE GUIDES YOU THROUGH:

- Creating a warm, whimsical portrait with a bouquet of flowers woven into the composition
- Painting a fairy garden scene with layered mixed media elements
- Building a realistic portrait from a reference photo using a limited palette
- Mixing a wide range of color from just a few base colors
- Understanding the qualities of different watercolor papers and how they shape your work
- Adding colored pencil, stamps, and collage elements to enhance your watercolors
- Developing confidence through working in a sketchbook without hesitation



BI-MONTHLY CHECKLIST

WEEKS 1–2: BEGIN WITH PRESENCE

- Watch the class intro, gather your materials, and begin the warmup by sketching items from your immediate surroundings
 - Create your first color studies, exploring the palette Natalie uses and noting how the colors feel together
 - Jot a short observation on each page, what you noticed, what drew you in
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WEEKS 3–4: ENTER THE GARDEN

- Begin the Whimsical Portrait lesson, working slowly through the face and flowers and allowing looseness where it wants to come
 - Add a mixed media layer if you feel called, stamps, pencil, collage
 - Review your pages and note what feels alive
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WEEKS 5–6: DEEPEN AND EXPLORE

- Move into the Fairy Garden lesson, keeping mixed media elements subtle with a focus on mood and layering
 - Revisit your portrait pages and push one element further, a color, a mark, a texture
 - Spent time with your pages and notice what's asking for attention
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WEEKS 7–8: WORK FROM LIFE

- Try the realistic portrait from a reference photo
- Practice mixing your full range from a limited palette
- Sequence your pages as a series and add titles or dates to each spread



BONUS SKETCHBOOK PROMPTS



- Paint a single flower from observation, then paint it again from memory on the facing page
- Create a page using only the colors you find in your garden or nearest outdoor space
- Make a portrait without lifting your brush — one continuous line, then add washes of color
- Collect five textures from a walk and translate them into marks and washes
- Begin a page with a botanical element and let a figure emerge from it



END OF THE MONTH
REFLECTIONS

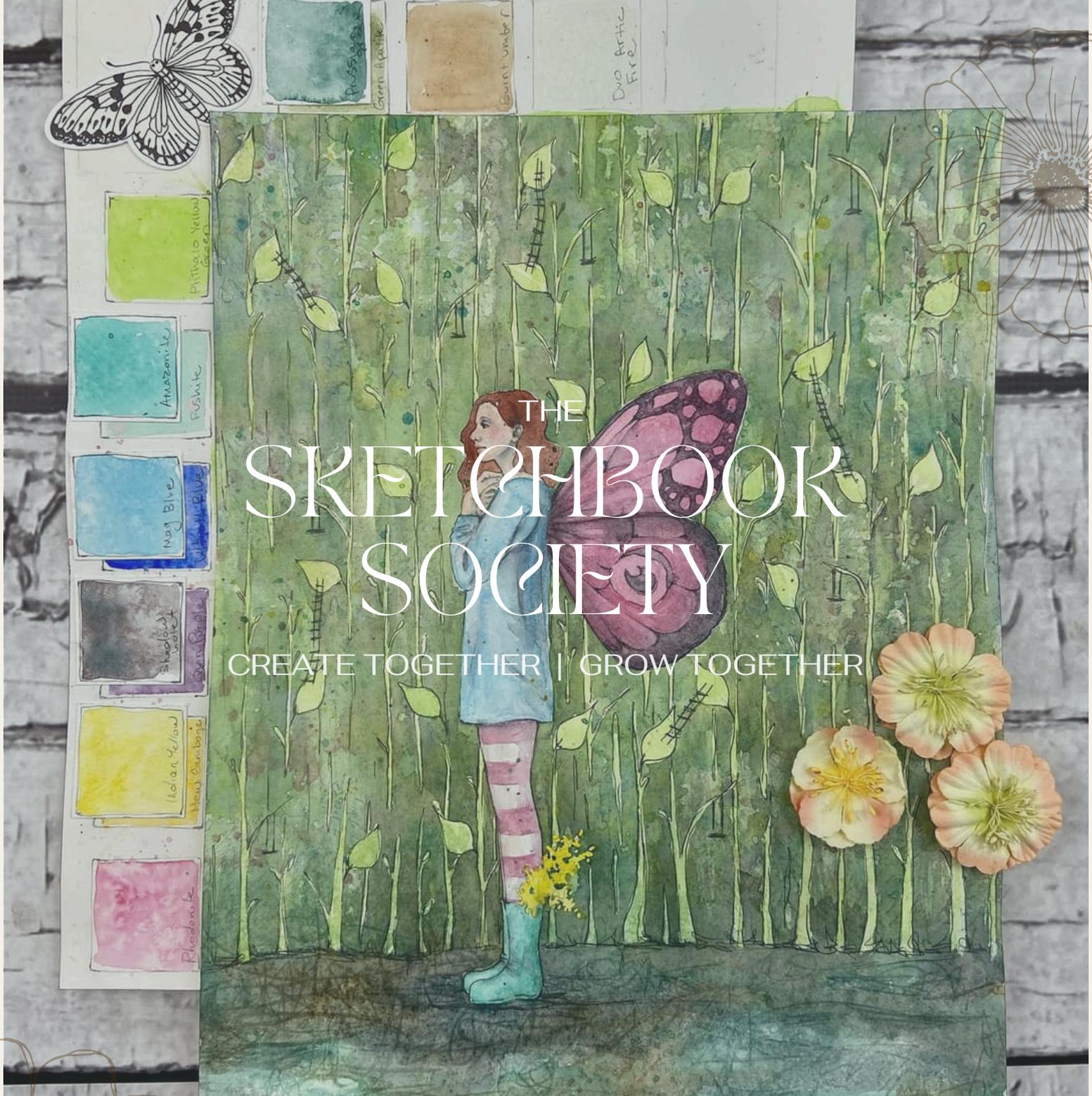
- Where did you feel most grounded this cycle and what were you making?

- Which lesson stretched you most, and what did it open up?

- How did working with a limited palette change your relationship to color?

- Which pages feel like they belong together as a series, and why?

- What will you carry into your next two months of practice?



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SHARE YOUR WORK

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