

Paint a Loving Moment in the Style of Mary Cassatt

💡 Mary Cassatt loved painting mothers and children doing simple, loving things—like cuddling, brushing hair, or reading together. Her paintings are soft, peaceful, and full of feeling. Let's try painting like her!

You Will Need:

- A4 paper or canvas
- Pencil and eraser
- Oil paints if possible, or acrylics
- Paintbrushes (a soft, round brush works best)
- A cup of water and tissue or cloth
- Optional: a photo of a mum, nan, carer, or sibling doing something kind

Step-by-Step Instructions:


Step 1: Choose a Gentle Scene


👁️ Think of a loving moment you've seen or experienced. Here are some ideas:

- Mum reading to you
- Nan brushing your hair
- You hugging a teddy
- A baby sleeping in someone's arms

💬 *Mary Cassatt often painted what she saw at home—simple, everyday love.*

Step 2: Lightly Sketch Your Figures

 Use your pencil to draw two people close together—one big, one smaller.




 Keep the lines soft and rounded. Don't worry about too much detail!

  Show how they touch each other—hands, faces, arms—to show care.




💡 *Cassatt's figures often touch gently to show connection.*

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Step 3: Add a Calm Background

-  Where are they? Sitting on a bed? In a chair? Near a window?
 -  Add simple things around them like cushions, a blanket, a book, or a basin.
 -  Try not to fill the whole space—leave some open areas like Cassatt did.
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Step 4: Choose Soft, Warm Colours

-  Cassatt used colours like peach, cream, rose pink, soft blue, and pale green.
-  Mix gentle colours on your palette. Try blending white with your main colours.
-  *No black! Cassatt avoided dark colours and used light to make shadows.*

Step 5: Start Painting – Background First




-  Begin with the background using big, light brushstrokes.
-  Use watery paint or soft pastel colours. Let the colours gently mix.
-  Don't outline everything—Cassatt didn't! Let the colours do the work.

Step 6: Paint the People



-  Fill in the bigger figure (adult) first, then the smaller one (child).
-  Use peachy tones for skin, light shades for hair and clothes.
-  Pay attention to the hands and faces—this is where the emotion lives!
-  Add soft pinks or blues to the cheeks, and gentle shading with a watery grey.

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Step 7: Add Details with Light Brushstrokes

-  Use a small brush to show things like fingers, books, or hairlines.
-  Add tiny touches of colour to show fabric or light.
-  Don't outline—just dab softly to make the colours shine.

Step 8: Step Back and Reflect

-  Walk a few steps away from your picture. Does it feel calm? Loving?
 -  If yes, you've painted like Mary Cassatt!
- If not, gently add a little more shading or colour where needed.

More Fun Ideas & Colouring Pages

- Paint a picture of your mum, nan, or carer doing something kind.
- Try painting someone brushing your hair, reading to you, or cuddling you.