New Hampshire-based children’s author Tomie dePaola, wrote “Quiet” in 2018. The book features many animals that the main characters notice as they take the time to slowdown and be mindful – really noticing what is happening around them in nature. Think about the quiet of a park and what animals you would see. Stand still in your yard and notice five different sounds you hear or sights you see.

For more information about this artwork click here.

**Activity:** Quiet dragonfly painting

**Materials:**
- Paper
- Pencil and eraser
- Sharpie
- Watercolor paint (or any paint/material you have at home; don’t have paint, grab some crayons, colored pencils or markers)
- Paint brushes

**Directions:**
1. Use your pencil to first draw the background for your painting. Will your dragonfly be on a flower, lily pad, cattail, etc.?
2. Next draw the dragonfly into your composition. Start with the biggest section of the body. Add the head. Add a small section to the body and then the long tail. Draw your wings, antennae and legs.
3. Trace over pencil lines with the sharpie and erase any pencil lines still showing.
4. Add color to your dragonfly and background with paint, markers or colored pencils.

**Tips:**
- Try to think about using warm and cool colors to really make your dragonfly stand out!

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