Joan Mitchell is one of the few women painters to be embraced as an Abstract Expressionist, a group largely dominated by men. *Cous-Cous* incorporates many Abstract Expressionist painting techniques, including drips, spattering, and heavy impasto applied with both a brush and palette knife.

How would you describe this painting to a friend?

For more information about this artwork click [here](https://curriermuseum.org/).

**Activity:** Painting with Balloons: Explore color and texture in artworks such as *Cous-cous* by Joan Mitchell, then add color and texture to your own artwork using balloons instead of paintbrushes.

**Materials:**
- Inflated balloon
- Paint such as acrylic or craft paint
- Paper
- Palette to hold paint such as a paper plate

**Directions:**
- Pour small amounts of a few colors of paint onto your palette
- Dip one end of your balloon into some paint
- Dab the balloon onto your paper like a stamp to add color. Note how different this looks from applying paint with a paintbrush
- Repeat with different colors until you have filled your paper to the desired degree

**Tips:**
- Experiment with different color combinations
- Experiment with the amount of pressure you use in pressing down on the balloon as well as the motion you use to put the paint on the paper: a dabbing motion will get a different result from a circular motion
- Experiment with different balloon sizes
- Try adding marker or colored pencil detail to your painting once it dries

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