全球银龄学院

Global Academy of Lifelong Learning

Watercolor

水彩

A self-study course in 8 lessons

自学课程，共 8 课

Colors, water, and the joy of painting

色彩与水，绘画的乐趣



全球银龄学院 / Global Academy of Lifelong Learning

This course is for learning and enjoyment. It teaches watercolor painting as a relaxing and creative practice. It makes no medical

claims.

本课程仅供学习和欣赏。它把水彩画作为一种令人放松、富有创造力的练习来教授，不作任何医疗方面的宣称。

Welcome / 欢迎

Welcome to Watercolor! This is a self-study course, so you can work through it at your own pace — one lesson a day, one a week, or all in your own rhythm. Each lesson takes about 60 minutes. Every lesson ends with a short self-graded quiz so you can check your own learning. You do not need to send your answers anywhere.

欢迎来到《水彩》！这是一门自学课程，您可以按照自己的节奏学习——每天一课、每周一课，或者完全按自己的安排。每课大约需要 60 分钟。每课末尾都有一份简短的自测小测验，方便您自己检查学习效果，无需向任何人提交答案。

What you need: a beginner's watercolor set (a small set of 12 colors is plenty), two or three brushes (one large round brush, one medium round brush, and one small round brush for details), a pad of watercolor paper (thick paper, around 300 gsm, holds water without buckling too much), two jars of clean water, a palette or a white plate for mixing, a pencil, and paper towels. That is all —

you do not need expensive supplies to begin.

您需要准备的：一套初学者水彩颜料（12 色的小套装就足够了）、两三支画笔（一支大号圆头笔、一支中号圆头笔和一支小号圆头笔用于画细节）、一本水彩画纸（厚一点的纸，大约 300 克，能承受水分而不至于过度卷曲）、两罐清水、一个调色盘或白色盘子、一支铅笔和纸巾。仅此而已——开始练习不需要昂贵的用品。

A note about painting: Watercolor is forgiving in a special way: the water does much of the work, and happy surprises are part of the beauty. There is no "good painting" or "bad painting" here — every wash you lay down teaches your hand something new. Paint sitting down, in good light, with a cup of tea nearby, and enjoy the process.

关于绘画的提示：水彩有一种特别的宽容：水会帮您完成许多工作，而意外的惊喜正是它的美的一部分。在这里没有“好画”或“坏画”之分——您涂下的每一笔晕染都会让您的手学到新的东西。请坐着画，光线要好，身边放一杯茶，享受这个过程。

How to use this course: Each lesson has a goal, a plain-language explanation, step-by-step practice, a "Try this"

painting activity, and a short quiz with an answer key. Keep your paintings, even the ones you do not like — at the end of the course you will look back and see how far you have come.

如何使用本课程：每课都有学习目标、通俗易懂的讲解、一步一步的练习、“试一试”绘画活动，以及附有答案的简短测验。请保存您的每一幅画，哪怕是不满意的——课程结束时回头看看，您会发现自己进步了多少。

Lesson 1 / 第 1 课

The Joy of Watercolor: Colors, Water, and Your First Wash

水彩之乐：色彩、水与第一笔晕染

> **Goal / 学习目标：** By the end of this lesson, you can set up your workspace, mix paint with water to three different strengths, and paint your first flat wash.
>
> 学完本课，您能布置好自己的绘画空间，用水把颜料调成三种不同的浓淡，并画出第一笔平涂晕染。

Why watercolor? / 为什么学水彩?

Watercolor is one of the oldest and most loved ways of painting. It is light, portable, and simple to clean up — paint, water, paper, and you are ready. Because the paint is transparent, light shines through the colors, which is why watercolor paintings glow in a way no other medium quite matches. Best of all, it welcomes beginners: a single brushstroke of color in water is already beautiful.

水彩是最古老、最受喜爱的一种绘画方式。它轻便、易于携带、清理简单——只要有颜料、水和纸，您就可以开始了。因为颜料是透明的，光线可以透过色彩，这就是水彩画有一种其他画种难以比拟的光泽感的原因。最重要的是，它对初学者非常友好：用水调出的一笔色彩本身就已经很美了。

The most important idea: water controls the color / 最重要的概念：水控制着色彩

In watercolor, water is not just for cleaning brushes — it is your main tool. More water makes a color pale and soft; less water makes it strong and dark. Learning to feel this balance is the heart of the whole course. Today

you will practice it on purpose: the same blue, mixed three ways, gives you a sky, a shadow, and a deep sea.

在水彩中，水不仅仅是用来洗笔的——它就是您主要的工具。水越多，颜色越淡、越柔和；水越少，颜色越浓、越深。学会感受这种平衡是整个课程的核心。今天您会有意识地练习这一点：同一种蓝色，用三种方法调配，就能画出天空、阴影和深海。

Step by step / 一步一步来

1. **Set up your space.** Cover the table with old newspaper. Put one jar of water for rinsing and one jar of clean water for mixing. Lay out your paper, brushes, and paints. / **布置空间。**在桌子上铺上报纸。准备一罐水用于洗笔，一罐清水用于调色。摆好画纸、画笔和颜料。
2. **Mix three strengths.** Put a little blue paint on your palette. In three separate pools, add a lot of water, a medium amount, and just a little. You now have pale, medium, and dark blue. / **调三种浓度。**在调色盘上放一点蓝色颜料，分别加大量水、适量水和少量水，调成三个色块。您现在就有了浅、中、深三种蓝色。
3. **Paint a flat wash.** Wet your large brush with the pale blue, and paint a band across the top of the paper from left to right, keeping the edge wet as you go. Reload the brush and continue downward. The result should be one even area of color. / **画一笔平涂。**用大号画

笔蘸取浅蓝色，从左到右在纸的上方涂一条色带，涂抹时保持边缘湿润。重新蘸颜料，继续向下涂。结果应该是一片均匀的色彩。

4. **Repeat with the other two strengths.** Paint a medium band and a dark band below the first. Label them pale, medium, and dark. / **用另外两种浓度重复。**在第一条色带下方分别涂一条中等浓度和一条深浓度的色带，并标上“浅”“中”“深”。

> **Try this / 试一试：** Paint three small squares — one in pale yellow, one in medium yellow, and one in dark yellow — and let them dry. Notice how the same color can feel like morning light, afternoon sun, and golden evening, just by changing the water.
> 画三个小方块——分别用浅黄、中黄和深黄——然后晾干。注意同一种颜色仅仅通过改变用水量，就能呈现出晨光、午后阳光和金色黄昏的不同感觉。

Check yourself / 自我检查 — Lesson 1 Quiz

> 1.What is the main tool that controls how strong or pale a watercolor looks? / 控制水彩浓淡的主要工具是什么?

> 2.True or false: more water makes a color darker. / 判断正误：水越多，颜色越深。

3.Why should you keep two jars of water on your table? / 为什么桌上要准备两罐水?

4.What is a flat wash? / 什么是平涂?

5.Name three things you need to begin painting in watercolor. / 说出开始画水彩需要的三样东西。

Answers / 答案： 1. Water. / 水。 2. False — more water makes a color paler. / 错误——水越多，颜色越淡。 3. One jar for rinsing brushes and one jar of clean water for mixing. / 一罐用于洗笔，一罐清水用于调色。 4. One even area of color painted in smooth bands. / 一片均匀平滑涂抹的色彩。 5. Any three of: watercolor paints, brushes, watercolor paper, water jars, palette, pencil, paper towels. / 颜料、画笔、水彩纸、水罐、调色盘、铅笔、纸巾中的任意三样。

Lesson 2 / 第 2 课

Your Supplies: Brushes, Paints, and Paper — Starting Simply and Affordably

您的工具：画笔、颜料和画纸——简单实惠地起步

> **Goal / 学习目标：** By the end of this lesson, you can choose a small set of affordable supplies, tell the difference between round and flat brushes, and test your paper.
>
> 学完本课，您能挑选一套实惠的工具，分辨圆头笔和扁头笔的区别，并测试自己的画纸。

Brushes: three is enough / 画笔：三支就够了

A large round brush (about size 12) covers big areas and makes washes. A medium round brush (about size 8) is your everyday workhorse for shapes and details. A small round brush (about size 4) paints lines, dots, and small subjects. Hold the brush near the middle of the handle, not close to the tip — a relaxed grip gives you smoother, freer strokes. After painting, rinse brushes in clean water, reshape the tip with your fingers, and lay them

flat or tip-up to dry. Never leave a brush standing in water.

大号圆头笔（大约 12 号）适合涂大面积和画晕染；中号圆头笔（大约 8 号）是日常画形状和细节的主力；小号圆头笔（大约 4 号）适合画线条、圆点和小景物。握笔时握在笔杆中部，不要靠近笔尖——放松的握法能画出更顺畅、更自由的笔触。画完后用清水洗净画笔，用手指把笔尖理好，平放或笔尖朝上晾干。千万不要把画笔长时间泡在水里。

Paints: tubes or pans? / 颜料：管状还是块状?

Watercolor comes in small pans (dry cakes in a box) or tubes (thick, wet paint). Pans are neat, portable, and easy for beginners — just wet the cake and pick up color. Tubes give stronger color and are better for large washes. Either is fine for this course. Start with a small set: the three primary colors (a red, a yellow, and a blue), plus a brown and a dark green, will already mix into a surprising range of colors, as you will discover in Lesson 5.

水彩有块状（盒子里的干颜料饼）和管状（浓稠的湿颜料）两种。块状颜料整洁、便携，对初学者很友好——只要用水

打湿就能取色。管状颜料颜色更浓，更适合画大面积晕染。两种都适合本课程。先从小套装开始：三原色（一种红、一种黄、一种蓝），再加一种棕色和一种深绿色，就已经能调出令人惊喜的丰富色彩，您将在第 5 课中体会到这一点。

Paper matters more than paint / 纸比颜料更重要

Thin paper buckles and tears when wet. Watercolor paper is thick (look for around 300 gsm, or 140 lb) and made to hold water. Its surface comes in three kinds: smooth (hot press), medium (cold press, also called "not"), and rough. Cold-press paper is the friendliest for beginners — it holds water well and its gentle texture helps the paint settle beautifully. Buy a pad, not single sheets, and keep your practice paper for practice and your good paper for finished paintings.

薄纸一沾水就会卷曲、破裂。水彩纸很厚（大约 300 克，或 140 磅），专门用来承受水分。它的表面有三种：光滑面（热压）、中等粗糙面（冷压，也叫“细纹”）和粗糙面。冷压纸对初学者最友好——它蓄水性好，细微的纹理能让颜料沉淀得很漂亮。建议买一本画册，而不是单张纸；练习纸用来练习，好纸留给完成品。

Step by step / 一步一步来

1. **Test your paper.** Paint a wet stripe across a corner of your paper and watch: does it stay flat or curl up? Thick watercolor paper stays mostly flat. / **测试画纸。**在纸的一角涂一条湿色带并观察：纸是保持平整还是卷起来了？厚水彩纸基本能保持平整。
2. **Try each brush.** With each of your three brushes, paint a thick line and a thin line. Notice how the large brush holds more water and the small brush gives control. / **试用每支画笔。**用三支画笔各画一条粗线和一条细线。注意大号笔画水多，小号笔控制力强。
3. **Make a color chart.** Paint one small square for every color in your set and write its name under it. This chart will be your reference for the whole course. / **制作色卡。**把套装里的每种颜色各涂一个小方块，并在下面写上颜色名称。这张色卡将是整个课程的参考。

> **Try this / 试一试：** Paint the same simple leaf shape three times — once with the large brush, once with the medium brush, and once with the small brush. Compare: which brush felt easiest? Keep that in mind when you choose a brush for each job.
>
> 用三支画笔各画一片简单的叶子——大号笔、中号笔和小号笔各画一次。比较一下：哪支笔用起来最顺手？以后为每项工作选笔时，记住这种感觉。

Check yourself / 自我检查 — Lesson 2 Quiz

1.Which brush is best for covering large areas and washes? / 哪支画笔最适合涂大面积和画晕染?

2.True or false: you should leave your brushes standing in water after painting. / 判断正误：画完后应该把画笔泡在水里。

3.What is the difference between pan paints and tube paints? / 块状颜料和管状颜料有什么区别?

4.What weight of paper should you look for, and which surface is friendliest for beginners? / 应该选择多重的纸，哪种表面对初学者最友好?

5.Why is it useful to make a color chart of your set? / 为什么制作一套颜料的色卡很有用?

Answers / 答案： 1. The large round brush. / 大号圆头笔。 2. False — rinse brushes, reshape the tip, and lay them flat or tip-up to dry. / 错误——应该洗净画笔，理好笔尖，平放或笔尖朝上晾干。 3. Pans are dry cakes, neat and portable; tubes are thick wet paint and give stronger

color. / 块状是干颜料饼，整洁便携；管状是浓稠的湿颜料，颜色更浓。 4. Around 300 gsm (140 lb); cold-press ("not") paper. / 大约 300 克（140 磅）；冷压（细纹）纸。 5. It shows every color at a glance and helps you choose and mix colors. / 它能让您一眼看到所有颜色，帮助您选色和调色。

Lesson 3 / 第 3 课

Washes and Gradients: Flat, Graded, and Variegated

晕染与渐变：平涂、渐变与多彩晕染

Goal / 学习目标： By the end of this lesson, you can paint a flat wash, a graded wash that fades from dark to light, and a variegated wash that blends two colors.

学完本课，您能画出平涂、由深到浅的渐变晕染，以及两种颜色相融的多彩晕染。

Three washes, three moods / 三种晕染，三种意境

A wash is simply a layer of watery paint spread over an area. The **flat wash** (from Lesson 1) is one even color — perfect for a calm sky or a quiet wall. The **graded wash**

changes slowly from dark to light, like a sky that brightens toward the horizon. The **variegated wash** lets two or three colors melt into each other while the paper is wet — wonderful for sunsets, seas, and autumn leaves. These three washes are the foundation of almost every watercolor painting.

晕染就是把水调和的颜料铺展在一片区域上。**平涂**（第 1 课学过）是一种均匀的颜色——适合画平静的天空或安静的墙面。**渐变晕染**从深到浅缓慢变化，就像向地平线方向逐渐明亮的天空。**多彩晕染**让两种或三种颜色在纸还湿着的时候相互融合——非常适合画晚霞、大海和秋叶。这三种晕染是几乎所有水彩画的基础。

Step by step / 一步一步来

1. **Flat wash.** Tilt your board slightly (a book under the top edge works well). Paint bands from top to bottom, keeping the wet edge moving, and do not go back over a band once it starts to dry. / **平涂。**把画板稍微倾斜（在上边缘下垫一本书就可以）。从上到下逐条涂抹，保持湿润的边缘不断移动，一旦色带开始变干就不要再回去涂抹。
2. **Graded wash.** Start with strong color at the top. For each new band, add a little more water to your brush, so the color fades step by step until the last band is almost clear water. / **渐变晕染。**从顶部

用浓色开始。每涂一条新的色带，就往笔上多加一点水，让颜色一步一步变淡，直到最后一条几乎是清水。

3. **Variegated wash.** Wet the whole area with clean water first. Then drop in one color at the top and a second color below it, and watch them meet and blend in the middle. Tilt the paper gently to help them mingle. Do not stir with the brush — let the water do the mixing. / **多彩晕染。**先用清水把整片区域打湿。然后在上方点一种颜色，在下方点第二种颜色，看着它们在中间相遇、融合。轻轻倾斜画纸帮助它们交融。不要用笔去搅拌——让水来完成混合。

> **Try this / 试一试：** Paint three small sky studies side by side: a flat blue wash (a calm midday sky), a graded wash from blue to pale (morning light), and a variegated wash of pink and gold (sunset). Label each one. Which sky do you like best?
> 并排画三幅小天空习作：一幅蓝色平涂（平静的正午天空）、一幅从蓝到浅的渐变晕染（晨光），以及一幅粉红与金色相融的多彩晕染（晚霞）。给每幅标上名称。您最喜欢哪片天空?

Check yourself / 自我检查 — Lesson 3 Quiz

> 1.What is the difference between a flat wash and a graded wash? / 平涂和渐变晕染有什么区别?

2.What makes a variegated wash different from the other two? / 多彩晕染与其他两种有什么不同?

3.Why should you not go back over a band once it starts to dry? / 为什么色带开始变干后就不要再回去涂抹?

4.How do you make a graded wash fade from dark to light? / 怎样画出由深到浅的渐变晕染?

5.Which wash would you choose for a sunset, and why? / 画晚霞会选择哪种晕染，为什么?

Answers / 答案： 1. A flat wash is one even color; a graded wash changes slowly from dark to light. / 平涂是一种均匀的颜色；渐变晕染从深到浅缓慢变化。 2. It blends two or more colors together while the paper is wet. / 它在纸还湿着的时候把两种或更多颜色融合在一起。 3. Going back over drying paint disturbs it and leaves streaks and hard edges. / 回涂会扰动正在变干的颜料，留下条纹和硬边。 4. Add a little more water to the brush for each new band. / 每涂一条新的色带，就往笔上多加一点水。 5. A variegated wash, because it lets colors like pink and gold melt into each other. / 多彩晕染，因为它能让粉红和金色这样的颜色相互融合。

Lesson 4 / 第 4 课

Wet on Wet and Wet on Dry: Letting Water Do the Work

湿画法与干画法：让水来帮忙

> **Goal / 学习目标：** By the end of this lesson, you can paint a soft wet-on-wet shape and a sharp wet-on-dry shape, and you know when to use each one.
>
> 学完本课，您能画出柔和的湿画法形状和清晰的干画法形状，并知道什么时候用哪一种。

Two ways to meet the paper / 与纸相遇的两种方式

Every watercolor stroke is either **wet on wet** (wet paint onto wet paper) or **wet on dry** (wet paint onto dry paper). Wet on wet gives soft, dreamy edges — clouds, mist, distant hills, and flower petals. The paint spreads and blooms in ways you cannot fully control, and that is the charm. Wet on dry gives crisp, clear edges — a tree trunk, a window frame, the outline of a leaf. Most paintings use both: soft backgrounds painted wet on wet, and sharp details added later, wet on dry, once the

paper has dried.

水彩的每一笔不是**湿画法**（湿颜料画在湿纸上），就是**干画法**（湿颜料画在干纸上）。湿画法边缘柔和、如梦似幻——适合画云、雾、远山和花瓣。颜料会以您无法完全控制的方式扩散开来，而这正是它的魅力。干画法边缘清晰明确——适合画树干、窗框、叶子的轮廓。大多数画作两种方法都会用到：先用湿画法画柔和的背景，等纸干了之后再用干画法添加清晰的细节。

The shine test / 光泽测试

How wet is wet enough? Look at the paper: if it shines like a mirror, it is very wet and paint will spread a lot. If the shine has just gone and the paper looks damp and matte, the paint will spread gently — this is often the best moment for wet on wet. If the paper is fully dry and matte, you are painting wet on dry. Learning to read the shine takes practice, and every painting teaches you more.

多湿才算够湿？看纸面：如果像镜子一样发亮，说明非常湿，颜料会扩散很多；如果光泽刚刚消失、纸面看起来潮湿但不反光，颜料会温和地扩散——这常常是湿画法的最佳时机；

如果纸完全干透、没有光泽，那就是干画法。学会看光泽需要练习，而每一幅画都会让您学到更多。

Step by step / 一步一步来

1. **Wet on wet cloud.** Wet a square of paper with clean water. While it shines, drop in a little blue and a little gray. Watch the colors bloom. Do not touch them again. / **湿画法画云。**用清水打湿一块方形区域。趁纸面发亮时，点一点蓝色和一点灰色。看着颜色晕染开来。不要再去碰它们。
2. **Let it dry completely.** Wait until the paper is fully dry and matte — have a cup of tea. Patience here is part of the skill. / **等它完全干透。**等到纸面完全干透、没有光泽——可以喝杯茶。耐心也是技巧的一部分。

3. **Wet on dry tree.** On the dry paper, paint a simple tree trunk and branches with a medium brush and dark brown. Notice the sharp edges. / **干画法画树。**在干透的纸上，用中号画笔和深棕色画一棵简单的树干和树枝。注意边缘的清晰。

> **Try this / 试一试：** Paint a small flower: a wet-on-wet pink blob for the petals, let it dry, then add a wet-on-dry green stem and center. Compare the soft petals with the crisp stem — that contrast is the secret of many beautiful paintings.

画一朵小花：先用湿画法画一个粉色的色块作花瓣，等干透后，再用干画法画绿色的茎和花心。比较柔和的花瓣和清晰的茎——这种对比是许多美丽画作的秘诀。

Check yourself / 自我检查 — Lesson 4 Quiz

1.What is the difference between wet on wet and wet on dry? / 湿画法和干画法有什么区别?

2.Which technique gives soft, dreamy edges, and what subjects suit it? / 哪种技法能画出柔和如梦的边缘，适合画什么题材?

3.What does the "shine test" tell you? / “光泽测试”能告诉您什么?

4.Why must you wait until the paper is fully dry before adding details? / 为什么添加细节之前必须等纸完全干透?

5.True or false: in a finished painting, you usually use only one of the two techniques. / 判断正误：在一幅完成的画中，通常只用两种技法中的一种。

Answers / 答案： 1. Wet on wet is wet paint on wet

> paper; wet on dry is wet paint on dry paper. / 湿画法是湿颜料画在湿纸上；干画法是湿颜料画在干纸上。 2. Wet on wet; clouds, mist, distant hills, flower petals. / 湿画法；云、雾、远山、花瓣。 3. How wet the paper is and how much the paint will spread. / 纸有多湿，以及颜料会扩散多少。 4. So the details stay crisp instead of bleeding into the wet background. / 这样细节才能保持清晰，而不会渗入湿润的背景。 5. False — most paintings use both. / 错误——大多数画作两种都会用到。

Lesson 5 / 第 5 课

Color Mixing: A Small Palette That Makes Many Colors

调色：用少量颜料调出丰富色彩

> **Goal / 学习目标：** By the end of this lesson, you can mix the secondary colors from the three primaries, and mix a natural green and a soft gray without buying new tubes.
>
> 学完本课，您能用三原色调出间色，并调出自然的绿色和柔和的灰色，而不需要买新的颜料。

The three primaries are enough / 三原色就够了

Red, yellow, and blue are the primary colors — they

cannot be mixed from other colors, but together they can make almost everything else. Red plus yellow makes orange. Yellow plus blue makes green. Blue plus red makes purple. These three new colors are called secondary colors. The joy of mixing is that your orange is never quite the same as anyone else's: a little more red gives a warm sunset orange; a little more yellow gives a bright marigold.

红、黄、蓝是三原色——它们无法由其他颜色调出来，但合在一起几乎能调出所有颜色。红加黄得到橙色，黄加蓝得到绿色，蓝加红得到紫色。这三种新颜色叫作间色。调色的乐趣在于，您的橙色永远不会和别人的完全一样：红多一点就是暖暖的晚霞橙，黄多一点就是明亮的万寿菊黄。

Greens and grays from your own palette / 从自己的调色盘调出绿色和灰色

Ready-made green straight from a tube often looks too bright and unreal for leaves. Try mixing your own: yellow with a little blue gives a fresh spring green; add a touch of red and it quiets into an olive green, perfect for trees. Gray is just as simple: mix all three primaries together in roughly equal parts and you get a soft, natural gray —

much prettier than a flat gray from a tube. Add more blue for a cool evening gray, or more red for a warm stone gray.

直接从管里挤出来的绿色常常过于鲜艳，看起来不真实，不适合画叶子。试试自己调：黄色加一点蓝色就是清新的春绿；再加一点红色，就会变成沉静的橄榄绿，非常适合画树。灰色同样简单：把三原色按大致相等的比例混合，就能得到柔和自然的灰色——比管里挤出来的平板灰色漂亮得多。蓝多一点就是凉爽的夜灰，红多一点就是温暖的石石灰。

Two rules for clean mixing / 干净调色的两条规则

First, mix with clean water: muddy water makes muddy colors. Rinse your brush often. Second, mix on the palette, not on the painting — two colors swirled together on the palette give a smooth new color, while two colors scrubbed together on the paper often turn dull. When in doubt, test your mixture on a scrap of paper before you put it on your painting.

第一，用清水调色：浑浊的水会调出浑浊的颜色，要经常洗笔。第二，在调色盘上调色，而不是在画纸上调——在盘里混合的两种颜色能得到顺滑的新颜色，而在纸上反复涂抹的

两种颜色常常会变得暗淡。不确定时，先在废纸上试一试，再涂到画上。

Step by step / 一步一步来

1. **Mix the secondaries.** On your palette, mix red + yellow, yellow + blue, and blue + red. Paint one square of each and label them orange, green, purple. / **调出间色。**在调色盘上分别混合红＋黄、黄＋蓝、蓝＋红。各涂一个方块，标上橙色、绿色、紫色。
2. **Mix a leaf green.** Mix yellow with a little blue, then add a tiny touch of red until the green looks like a real leaf. Paint a leaf shape with it. / **调出叶绿色。**把黄色和一点蓝色混合，再加一丁点红色，直到绿色看起来像真实的叶子。用它画一片叶子。
3. **Mix a soft gray.** Mix all three primaries in roughly equal parts. Paint a small stone shape with it. / **调出柔和的灰色。**把三原色按大致相等的比例混合。用它画一块小石头。

> **Try this / 试一试：** Make a "mixing chart": a row of squares where you mix yellow and blue in five steps — mostly yellow, a little more blue, half and half, mostly blue, and almost all blue. You now have five greens from two colors. Keep this chart beside you when you paint.
>
> 制作一张“调色表”：一行方块，把黄和蓝按五个步骤混合——以黄为

主、蓝稍多、一半一半、以蓝为主、几乎全蓝。您现在用两种颜色得到了五种绿色。画画时把这张表放在手边。

Check yourself / 自我检查 — Lesson 5 Quiz

1.Name the three primary colors. / 说出三原色。

2.Which two primaries make green, and which make purple? / 哪两种原色能调出绿色，哪两种能调出紫色?

3.Why does tube green often look wrong for leaves, and how can you fix it? / 为什么管装绿色常常不适合画叶子，怎样改进？

4.How do you mix a soft, natural gray? / 怎样调出柔和自然的灰色?

5.What are the two rules for clean color mixing? / 干净调色的两条规则是什么?

Answers / 答案： 1. Red, yellow, and blue. / 红、黄、蓝。 2. Yellow + blue makes green; blue + red makes purple. / 黄＋蓝得到绿色；蓝＋红得到紫色。 3. It looks too bright and unreal; mix your own green from yellow

> and blue, and quiet it with a touch of red. / 它过于鲜艳不真实；用黄和蓝自己调绿色，再加一点红色使它沉静下来。 4. Mix all three primaries together in roughly equal parts. / 把三原色按大致相等的比例混合。 5. Mix with clean water (rinse the brush often), and mix on the palette, not on the painting. / 用清水调色（经常洗笔），在调色盘上调色而不是在画纸上调。

Lesson 6 / 第 6 课

Light, Shadow, and Simple Landscapes

光影与简单的风景画

> **Goal / 学习目标：** By the end of this lesson, you can paint a simple landscape with a light side and a shadow side, and a sky that suggests the time of day.
>
> 学完本课，您能画出一幅简单的风景画，有受光面和阴影面，还有能表现一天中某个时刻的天空。

Light makes the painting / 光成就了画面

Before you paint a landscape, decide where the light comes from. Is the sun on the left or the right? Everything facing the sun is light and warm; everything turned away is in shadow and cooler. Shadows are not

black — they are the color of the object mixed with a little blue or purple. A tree in sunlight has warm yellow-green leaves on one side and cooler blue-green shade on the other. This one idea — light side, shadow side — turns a flat picture into a scene with depth.

画风景之前，先决定光从哪里来。太阳在左边还是右边？朝向太阳的一面明亮而温暖，背向太阳的一面处于阴影中，色调偏冷。阴影不是黑色的——而是物体的颜色加一点蓝色或紫色。阳光下的树，一面是暖黄绿色的叶子，另一面是偏冷的蓝绿色阴影。就凭“受光面、阴影面”这一个概念，平面的画面就有了纵深感。

Three layers: sky, distance, foreground / 三个层次：天空、远景、近景

A simple landscape has three layers. The **sky** is the lightest and softest — a flat or graded wash, often painted wet on wet. The **distance** (far hills or trees) is pale and cool, because air softens far things; paint it with lots of water and a little blue. The **foreground** (the grass, path, or fence nearest you) is the strongest and warmest, with the sharpest details. Paint from back to front: sky first, then distance, then foreground, letting

each layer dry before the next.

一幅简单的风景画有三个层次。**天空**最明亮、最柔和——通常用平涂或渐变晕染，常用湿画法。**远景**（远处的山丘或树木）淡而偏冷，因为空气会柔化远方的景物；用水多、蓝少的方式来画。**近景**（离您最近的草地、小路或篱笆）最浓、最暖，细节也最清晰。按从后到前的顺序画：先画天空，再画远景，最后画近景，每层画完等干透再画下一层。

Step by step / 一步一步来

1. **Sky.** Paint a graded wash from blue at the top to nearly clear at the horizon. Let it dry. / **天空。**从顶部蓝色到底部接近清水的渐变晕染。等它干透。
2. **Distant hills.** With a pale blue-gray mixed from blue and a little red, paint two soft, low hill shapes across the middle. Keep the edges soft. / **远山。**用蓝色加一点红色调出的浅蓝灰色，在画面中间画两座柔和低矮的山丘。边缘要柔和。
3. **Foreground and light.** With stronger greens (your own mixed leaf green), paint grass and one simple tree in the foreground. Decide the sun is on the left: make the left side of the tree warm and light, the right side cooler and darker. / **近景与光线。**用更浓的绿色（自己调的叶绿色）画近景的草地和一棵简单的树。假设阳光在左边：树左侧画得暖而亮，右侧画得冷而暗。

Try this / 试一试： Paint the same little landscape twice: once with the sun on the left and once with the sun on the right. Notice how the whole mood of the picture changes when the light moves — morning on one side, evening on the other.

把同一幅小风景画两遍：一次阳光在左边，一次阳光在右边。注意当光线移动时，整幅画的氛围如何变化——一边像清晨，另一边像傍晚。

Check yourself / 自我检查 — Lesson 6 Quiz

1.What is the first decision to make before painting a landscape? / 画风景之前首先要决定什么?

2.What color are shadows really, and why are they not black? / 阴影真正的颜色是什么，为什么不是黑色?

3.Name the three layers of a simple landscape, from back to front. / 说出简单风景画从后到前的三个层次。

4.Why is the distance painted pale and cool? / 为什么远景要画得淡而偏冷?

5.In what order do you paint the layers, and why? / 按什么顺序画各个层次，为什么?

> **Answers / 答案：** 1. Where the light comes from. / 光从哪里来。 2. The color of the object mixed with a little blue or purple; black looks flat and dead. / 物体的颜色加一点蓝色或紫色；黑色看起来平板、没有生气。 3. Sky, distance, foreground. / 天空、远景、近景。 4. Because air softens and cools far things. / 因为空气会柔化并冷却远方的景物。 5. Back to front (sky, distance, foreground), letting each layer dry first, so the layers stay clean and separate. / 从后到前（天空、远景、近景），每层画完等干透，这样各层才能保持干净分明。

Lesson 7 / 第 7 课

Flowers, Leaves, and Everyday Subjects

花卉、叶子与日常景物

> **Goal / 学习目标：** By the end of this lesson, you can paint a simple flower, a leaf, and one everyday object using the techniques from earlier lessons.
>
> 学完本课，您能运用前面学过的技法，画出一朵简单的花、一片叶子和一件日常物品。

Start with shapes, not details / 先画形状，再画细节

Beginners often try to paint every petal and vein at once,

and the painting gets stiff. Instead, start with the big, simple shape: a flower is a circle of soft petals, a leaf is a long oval that narrows to a point, a cup is a rectangle with a curved handle. Paint the big shape first in a pale wash, let it dry, and then add just a few details wet on dry — a darker center, one vein, a shadow under the cup. Three honest details are worth more than thirty fussy ones.

初学者常常一开始就想画出每一片花瓣和叶脉，结果画面变得僵硬。相反，先画大而简单的形状：一朵花就是一圈柔和的花瓣，一片叶子就是一个一端变尖的长椭圆形，一个杯子就是一个带弯把手的长方形。先用浅色晕染画出大形状，等干透后，再用干画法加上几个细节——深色的花心、一条叶脉、杯子下面的一点阴影。三个真实的细节胜过三十个琐碎的细节。

A flower in four steps / 四步画一朵花

1. **Wet the petal area.** Lightly wet a round area on the paper. / **打湿花瓣区域。**把纸上一块圆形区域轻轻打湿。
2. **Drop in the color.** While it is damp, drop in pink or yellow and let it bloom into petal shapes. Do not outline each petal — let the water suggest them. / **点入颜色。**趁纸面潮湿，点入粉色或黄色，让它晕染成

花瓣的形状。不要逐片勾画花瓣——让水来暗示它们的形状。

3. **Let it dry, then add the center.** With a small brush, paint a warm yellow or brown center, wet on dry, so it stays crisp. / **晾干后画花心。**用小号画笔蘸暖黄或棕色，用干画法画花心，保持边缘清晰。
4. **Add stem and leaf.** Paint a simple stem with your mixed leaf green, and one leaf shape beside it. Step back and admire your flower. / **画茎和叶子。**用自己调的叶绿色画一根简单的茎，旁边再画一片叶子。退后一步，欣赏您的花。

Everyday subjects are everywhere / 日常景物无处不在

You do not need a beautiful view to paint. The cup on your table, the fruit in your kitchen, the plant on your windowsill — these are wonderful subjects, and they sit still for you. Painting everyday things trains your eye to see color and light in ordinary life, which is the real gift of watercolor: after a few weeks, you will start noticing the pink in a sunset and the blue in a shadow everywhere you look.

您不需要美丽的风景才能作画。桌上的杯子、厨房里的水果、窗台上的植物——这些都是极好的题材，而且它们会静静地等您。画日常物品能训练您的眼睛在平凡生活中发现色彩和

光线，而这正是水彩真正的馈赠：几周之后，您会开始注意到晚霞中的粉红和阴影中的蓝色，无处不在。

Try this / 试一试： Choose one thing from your table — a cup, an apple, or a leaf — and paint it in three steps: big shape first, dry, then three details only. Sign your name and the date in the corner. This is your first still life.

从桌上选一件东西——杯子、苹果或叶子——分三步画它：先画大形状，等干透，然后只加三个细节。在角落签上您的名字和日期。这就是您的第一幅静物画。

Check yourself / 自我检查 — Lesson 7 Quiz

1.Why should you paint the big shape before the details? / 为什么要先画大形状再画细节?

2.What are the four steps of painting a simple flower? / 画一朵简单的花有哪四个步骤?

3.Why do you let the petal wash dry before painting the center? / 为什么花瓣晕染干透后才能画花心?

4.Name three everyday subjects you could paint at home. / 说

出三种可以在家里画的日常题材。

5.True or false: you need a beautiful view to make a good painting. / 判断正误：要画一幅好画，必须有美丽的风景。

Answers / 答案： 1. So the painting stays fresh and loose instead of stiff and fussy. / 这样画面才能保持清新松动，而不是僵硬琐碎。 2. Wet the petal area, drop in the color, let it dry and add the center, add stem and leaf. / 打湿花瓣区域，点入颜色，晾干后画花心，画茎和叶子。 3. So the center stays crisp and does not bleed into the wet petals. / 这样花心才能保持清晰，不会渗入湿润的花瓣。 4. Any three of: a cup, fruit, a plant, a leaf, a bowl, a book. / 杯子、水果、植物、叶子、碗、书中的任意三种。 5. False — everyday things like a cup or an apple make wonderful subjects. / 错误——杯子、苹果这样的日常物品就是极好的题材。

Lesson 8 / 第 8 课

Finishing and Sharing: Your First Small Collection

完成与分享：您的第一个小画集

Goal / 学习目标： By the end of this lesson, you can choose your

> best work, sign and present a painting simply, and plan your next steps in watercolor.
>
> 学完本课，您能选出自己最好的作品，用简单的方式签名和展示一幅画，并规划自己在水彩方面的下一步。

Looking back at your work / 回顾自己的作品

Spread all your paintings from this course on a table. Look at the first wash from Lesson 1 and your latest painting side by side. You will see progress you did not notice while you were learning: steadier washes, cleaner color, softer skies, braver choices. Choose three paintings you like best — not the "perfect" ones, but the ones that make you smile or remind you of a happy painting hour. Those three are your first collection.

把本课程的所有画作摊在桌上。把第 1 课的第一笔晕染和您最新的一幅画并排比较。您会看到学习过程中没有注意到的进步：晕染更平稳了，颜色更干净了，天空更柔和了，落笔更大胆了。选出三幅您最喜欢的画——不是“最完美”的，而是让您微笑、让您想起愉快作画时光的画。这三幅就是您的第一个画集。

Signing and presenting simply / 简单地签名和展示

Sign your paintings in a corner with a small brush or a fine pen — your name, or a simple mark that is yours. To present a painting, a plain white or cream mat (a cardboard frame with a window cut out) makes even a small study look finished. You can also photograph your paintings in daylight and share the photos with family and friends. Sharing is not about showing off; it is about letting the people you love see what brings you joy.

用小号画笔或细笔在画作一角签上名字，或者一个属于您自己的简单标记。展示画作时，一张普通的白色或米色卡纸框（中间挖一个窗口的硬纸板）就能让一幅小习作看起来很完整。您也可以在日光下给画作拍照，把照片分享给家人和朋友。分享不是为了炫耀，而是让您爱的人看到什么让您快乐。

Keeping going / 继续画下去

Watercolor rewards a little practice often. A good rhythm is three short sessions a week — even twenty minutes counts. Keep a small sketchbook for quick studies: a sky, a leaf, a cup. When a painting goes wrong, do not throw it away at once; turn it over, paint on the back, and try

again tomorrow. Every painter, even the famous ones, makes paintings they do not like. The difference is that they keep painting.

水彩讲究经常少量地练习。比较好的节奏是每周画三次短时间——哪怕每次只有二十分钟也有用。准备一本小速写本画快速习作：一片天空、一片叶子、一个杯子。当一幅画画坏了，不要马上扔掉；翻过来，在背面再画，明天再试一次。每一位画家，哪怕是著名的画家，都会画出自己不喜欢的画。区别在于，他们一直在画下去。

Step by step / 一步一步来

1. **Choose three favorites.** Lay out your course paintings and pick three that make you smile. / **选出三幅最喜欢的画。**摊开课程中的画作，选出三幅让您微笑的画。
2. **Sign and mat one.** Sign one painting in a corner and place it in a simple mat or frame. Hang it where you will see it every day. / **签名并装裱一幅。**在一幅画的角落签名，用简单的卡纸框或画框装好，挂在每天都能看到的地方。
3. **Share one.** Show one painting to a family member or friend, or photograph it and send the photo. / **分享一幅。**把一幅画拿给家人或朋友看，或者拍张照片发给他们。
4. **Plan your next week.** Write down three days and times when you

will paint next week, and one subject you want to try. / **规划下一周。**

写下下周准备画画的三天和时间，以及一个想尝试的题材。

Try this / 试一试： Paint one final small painting using everything you have learned: a graded sky, a soft wet-on-wet distance, a mixed-green tree, and a crisp foreground detail. Sign it and date it. This is your graduation painting — keep it somewhere special.

运用所学的一切画最后一幅小画：渐变的天空、柔和的湿画法远景、自己调的绿色的树，以及清晰的近景细节。签上名字和日期。这就是您的毕业画作——请把它放在一个特别的地方。

Check yourself / 自我检查 — Lesson 8 Quiz

1.How should you choose the three paintings for your first collection? / 怎样选出第一个画集的三幅画?

2.What is a simple way to present a painting so it looks finished? / 用什么简单的方法展示画作，能让它看起来很完整？

3.What is a good weekly rhythm for keeping up watercolor practice? / 保持水彩练习的良好每周节奏是什么?

4.What should you do when a painting goes wrong? / 当一幅画画坏了，应该怎么办?

5.True or false: sharing your paintings is about showing off. / 判断正误：分享画作是为了炫耀。

Answers / 答案： 1. Choose the ones that make you smile or remind you of a happy painting hour, not the "perfect" ones. / 选择让您微笑、让您想起愉快作画时光的画，而不是“最完美”的画。 2. Sign it in a corner and place it in a plain white or cream mat or simple frame. / 在角落签名，放在普通的白色或米色卡纸框或简单画框里。 3. About three short sessions a week; even twenty minutes counts. / 每周大约三次短时间练习；哪怕每次只有二十分钟也有用。 4. Do not throw it away at once — paint on the back, and try again tomorrow. / 不要马上扔掉——在背面再画，明天再试一次。 5. False — sharing lets the people you love see what brings you joy. / 错误——分享是让您爱的人看到什么让您快乐。

Course Progress Checklist / 课程进度检查表

☐ Lesson 1: The Joy of Watercolor — my first wash / 第 1 课：水彩之

乐——第一笔晕染

☐ Lesson 2: My Supplies — brushes, paints, and paper / 第 2 课：我的工具——画笔、颜料和画纸

☐ Lesson 3: Washes and Gradients — flat, graded, variegated / 第 3 课：晕染与渐变——平涂、渐变、多彩晕染

☐ Lesson 4: Wet on Wet and Wet on Dry / 第 4 课：湿画法与干画法

☐ Lesson 5: Color Mixing — a small palette, many colors / 第 5 课：调色——少量颜料，丰富色彩

☐ Lesson 6: Light, Shadow, and Simple Landscapes / 第 6 课：光影与简单的风景画

☐ Lesson 7: Flowers, Leaves, and Everyday Subjects / 第 7 课：花卉、叶子与日常景物

☐ Lesson 8: Finishing and Sharing — my first collection / 第 8 课：完成与分享——第一个小画集

☐ I shared one painting with family or friends / 我和家人或朋友分享了一幅画

Congratulations on completing Watercolor! Keep painting, keep your

sketchbook nearby, and remember: every wash teaches your hand something new.

祝贺您完成《水彩》课程！请继续画下去，速写本随时放在手边，记住：每一笔晕染都会让您的手学到新的东西。

全球银龄学院 / Global Academy of Lifelong Learning