

SWS 2025 June Challenge Painting – Sponges

(Natural or synthetic)

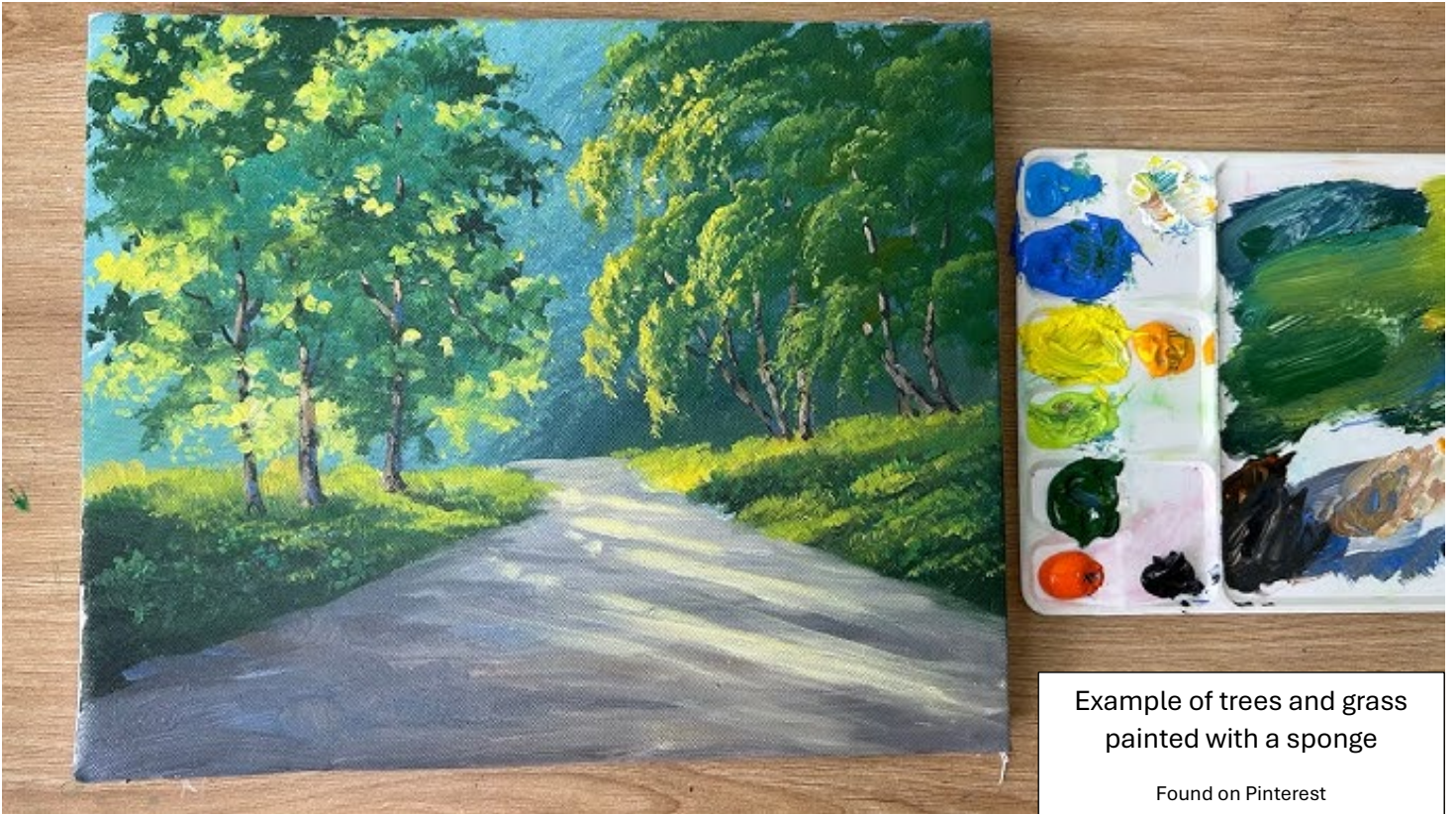
Sponging can be a quick, easy and effective technique to create trees, flowers, backgrounds, texture and more. And you can use your sponge (clean) to wet your paper. **Natural Sponges** seem to be the best or preferred type of sponge to use. They are best if they have spike-like pieces, are stiff and keep their shape. **Synthetic Sponges** work just as well but you might not get as much texture from them. Sponges are mostly used for trees and flowers. You can also *create* some interesting backgrounds, soft textures and visual effects with sponges,

Techniques: Use a *small piece of sponge* (they hold a lot of water and paint). *Wet* the sponge, *squeeze* it out, *dab it into the paint* then *dab it onto your painting*. When creating trees and some flowers, dab on the lighter colors first. Allow that color to dry or almost dry before dabbing on a darker color. *Practice first* to master the technique.



Above painting from [Deb Watson](#) in [Genre, Landscape, Techniques](#)

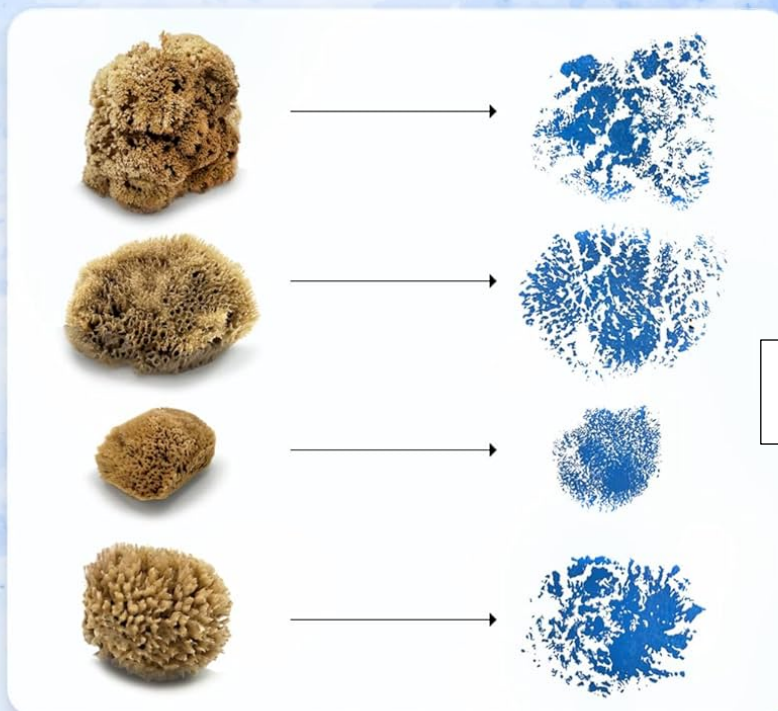
Different types of sponges



Example of trees and grass painted with a sponge

Found on Pinterest

4 Different Sponge Types 4 Unique Textures



These are the most used sponges in watercolor