



## FEARLESS EXPRESSION WORKSHOP

### SUPPLIES LIST

Below list looks huge, but only because I explained lot of things.

In a reality all you need is canvas or paper, brush, acrylics and hands that are not scared to get full of paint. 😊

#### For abstract artworks on large canvas:

Acrylics colors: at least 3 primary colors (cyan/blue, process yellow and magenta) and white. – This is a minimum to make artwork work.

Preferably also 1 extra blue (different shade to process cyan) 1 extra red (cadmium/ orangy looking red as opposed to primary magenta), and 1 extra yellow (1 lighter 1 darker shade).

This way you will have at least 2 yellows, 2 reds, 2 blues and white.

Other colors you can mix yourself.

If you don't want to mix, get more variety of colors. Good ones to add: turquoise, violet/purple, raw umber/brown, black, grey, orange.

#### You have 3 options with regards to acrylics:

Option 1: get a set of heavy body (thick) acrylics (student quality or craft acrylics are ok) in 250ml or 500 ml jars. And get a set of pourable acrylics in the same or similar colors. Thick ones will be used for stencilling, paint brush and palette knife applications, pourables are to through, splash and pour paint.

Option 2. – cheaper. Get a set of heavy body (thick) acrylics (student quality or craft acrylics are ok) in 200ml or 500 ml jars. Then mix your own pourable acrylics from this set, by diluting them with water.

Option 3. – cheapest. Get few household paints in 5L cans. At least 3 primary colors (cyan/blue, process yellow and magenta) and white. Preferably also 1 extra blue (different shade) and 1 extra red (cadmium/ orangy looking red as opposed to primary magenta). Then premix and intermix your 4-6 colors within each other in different combinations to create large array of colors to work with.

If you are not planning to create on large canvas, use any set of student or craft quality acrylics that you would use in any other art.

### **Other supplies for art on large canvas:**

#### **Minimum:**

Canvas (2-3) or large sheets of paper. We use 24'X36', 27'X27', 30'X40' wrapped canvas. You can get any size you like, or canvas boards, or canvas on a roll, or thick paper that you tape to the floor. If budget is tight, make any inexpensive plan – it will work. The reason we use wrapped canvas is that we exhibit and sell work, if you just want to play – any plan is cool.

Brushes: two large artists brushes (cheap ones), 3 different sizes household paint brushes from builders store,

1 palette knife,

scratchy tool (sushi stick or porcupine stick),

few sheets of white A4 printing paper,

sponge,

few empty plastic buckets to mix paint with,

cheap metal spoon,

couple of stamps,

couple of stencils,

plastic gloves for the session where your child paints and you help/watch,

rag to wipe mess,

plastic bucket with water to through tools in during the process so that acrylics don't dry on them. (I have rectangular one 12'X15' it holds large stencils well without damaging them.)

1 black Sharpie/ black marker that writes on canvas

Old clothes and shoes for you and your child (you will both get full of paint)

#### Extra (optional):

variety of palette knives and sponges

plastic cups, squeegee bottles with thin and wider nozzles for variety of spraying and splashing pourable acrylics. If you are not sure what I am talking about, please watch few free videos on Tallulah's blog:

<http://www.rainbowgirl.co.za>

Notice what she uses.

Gold or copper pourable acrylics if you want fancy effect and extra touch at the end. If you get it in enamel it will react with acrylic and create awesome effects.

Few small enamel paints, to react with acrylics. (Do not give to children under 6, children over 6 under supervision only and do not get these on the skin – hard to remove and possibly toxic.) Basically get these for your own painting session.

Spray bottles you use for the garden to spray plants. One with water, one with mineral spirits, to spray onto the paint on canvas for effects.

Ready-made spray paints in spray cans for you. Children under 6 cannot manipulate them. We also bought acrylic inks and put them into garden

spray bottles for Tallulah to use. She could only managed to use them from 3 years old.

Sharpies in different colors (medium point), 1 white oil based Sharpie to draw on dried dark acrylic layers

### **For part 2 “Collaborate” and part 3 “Unfold”:**

If you have already acrylics, brushes, canvas and paper – that is all you need, plus some tools from previous section.

If you get 10’X14’ or 12’X16’ hot pressed watercolour pad – that is enough for section 2 and 3. If you buy loose sheets, get a roll of masking tape to tape your paper to a board.

(I used 12’X16’ cold pressed and hot pressed watercolour paper, 12’X16’ canvas board – that is all approximate, you can use any paper or canvas, and any sizes. Paper must be thick enough for mixed-media work. At least 140 lb.)

Most common acrylic colors I use - this is optional list (Golden, Liquitex, Windsor & Newton artist quality):

Cadmium Red

Quinacridone Red or Pyrrole Red

Cadmium Yellow

Quinacridone gold or Hansa Yellow

Phthalo blue

Cerulean Blue

Phthalo Turquoise

Raw Umber

White