

# TAKE IT TO ART

## ONLINE MENTORSHIP PROGRAM



### A WORD ABOUT SET-UP & CLEAN-UP:

Painting can be a messy business! But there are some things that can help us keep the chaos contained, ease our painting session flow and help us with our clean-up after the fun subsides.

#### Setting up your Station:

The first thing you need is a table, unless you are using a standing easel in a studio setting (which is probably not many of you!). It would be ideal if it's at least a four foot table or desk so you aren't cramped for space... and also ideal if it is something that you can leave up as your permanent mini-studio! If you can't do that, and need to set it up every time you paint, well... cheers to you!! Because that requires a ton of commitment and bother. Try to find a place where your art table can put down roots.

You might also consider putting a drop-cloth on the floor to protect it unless you are in a place where that isn't a concern. It's not often you would drip on the floor, but it happens! Also, while you may be gentle and cautious in the beginning, you will find as your expressive art starts to flourish, that you get a little childlike with the tools--this can spatter walls as well. So if you are worried about that, it wouldn't hurt to use painting tape to add some of the drop cloth to the wall behind your table. That way, you can confidently paint with blissful unawareness of your surroundings!

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**If you are worried about making a mess, it's harder to 'let go' and let the magic happen!**

Once your area is protected, you can set out your stash of supplies on one end of your table (or in a drawer unit or shelf nearby if you are organized).

Before your painting session, set up your easel if you are using one. On the side of your dominant hand, fold a few paper towels in half (or better yet, rags if you have them). Keep the rest of the paper towels somewhere where they are easy to grab. Set out your brushes and palette knife beside the paper towel, and your water container behind it. The palette goes either in front of or underneath the front of your easel, or if you aren't using an easel, lay it beside your folded paper towel. The paint colours you are using for the project at hand can go behind the palette.

*This is how I set up when painting at a table... you can discover your favourite way as you go... there is more than one way to have a painting station!!*

## Cleaning up Acrylic Paint:

Acrylic paint dries as a flexible solid plastic film. When it dries, it bonds perfectly with fabric, making it impossible to wash out. Just wanted you to know this upfront, lol!! While some claim to be able to get it out of clothing, I have yet to achieve this unless it's washed out INSTANTLY before it dries. I typically wear my **'painting clothes'** which are in two categories...

**a)** *totally trashed*--will wear when alone in studio with no worry about paint flying, and will often use to wipe my hands on myself.

**b)** *there are a few spots of paint here and there*-- these I will wear when teaching art because I don't want to scare any of you! And I wipe my hands on rags instead, lol.

Speaking of wiping hands, Wet Wipes are a REALLY HANDY addition to your space! They clean paint off your hands or surfaces well because of the alcohol in them (don't get the more natural alcohol-free type). I also like to buy or make rags to have around as I paint (often draped over my knees). When you paint, you often need to wipe off your brush after you clean it in the water, so they are handy to have around in addition to paper towels.

2 WAYS TO CLEAN DRIED PAINT OFF OF A SMOOTH SURFACE: If you drop paint on a floor... or a table you care about... or your glasses or i-pad... HAND SANITIZER works absolute wonders! For the same reason wet wipes work... it has alcohol in it. I often say drinking alcohol helps the paint FLOW--cleaning with it helps the paint GO! (*I'm sure someone could make a poem out of that, lol*)

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**When you approach an empty canvas, you  
feel the sacred 'hush' of possibility.**