

# Supplies for Flower Child

*This project can be done with simple supplies right at your kitchen table, in your bedroom, basement, yard, or any other art-making space that is feeling good for you, right now! The Flower Child Workshop is about shifting your awareness, focus, and curiosity toward more meaningful, creative, and connected ways of being on this planet each day.*

*Create using the tools and supplies that you already have and love. This is an opportunity to repurpose your papers and fabric and other interesting items that you have saved for just this occasion. My hope is that you will not have to purchase any new supplies for this workshop, but will look at all the possibilities you have around you already!*

*If you are new to mixed media, I encourage you to get creative and collect any tools and materials that you can find in your home! The beauty of mixed media is that you will come up with your own favorite tools and techniques!*

## *SET UP YOUR SPACE*

- Water & a rag
- Something to protect your surface (old towel, table-cloth...)
- Something to protect your clothes (apron, old shirt...)

## *OPTIONAL BUT HANDY*

- Craft heat gun or hair dryer (to speed up drying)
- Water Spray bottle

## *SUBSTRATE (your choice)*

- I chose to use an 11" x 14" wood panel
- Stretched Canvas
- Artist Wood Panel (or any other piece of wood with a smooth surface!)
- Mixed media paper (98lb/160gsm)
- Watercolour paper (140lb/300gsm)
- Or any other type of thick art paper or card-stock

## *PAINTING TOOLS*

- Your fingers!
- Acrylic paint brushes in a few different sizes
- Palette knife or plastic card
- Scissors and a ruler

Brayer (optional)

Parchment, deli or wax paper

### *PAINTING MATERIALS (OPTIONS)*

Paint Markers, Acrylic Paints, Inks (mix & use the colours that you have)

*Here is what I used:*

FOR THE SKIN TONE: (option to use one paint in your desired skin tone)

Burnt Umber, Burnt Sienna, Yellow Ochre, Cadmium Red, Titanium White

FOR THE HAIR: (option to use one paint in your desired hair colour)

Burnt Umber, Burnt Sienna, Yellow Ochre, Titanium Buff

FOR THE FLOWERS: (these are some of my favs)

Permanent Sap Green, Turquoise Green, Dark Turquoise Blue, Ultramarine Blue, Light Sap Green, Pale Rose Blush, Crimson Red, Violet (and Titanium white for mixing)

For the gold edges I used: Golden Brand - Iridescent Bright (Fine) Gold

### *COLLAGE MATERIALS*

Acrylic medium (any type) (or other adhesive)

I recommend using Heavy Gel Acrylic Medium for the heavier textiles.

For the background - Papers: book pages (preferably from books that inspire you!), sewing pattern tissue, printed tissue paper, wallpaper, wrapping paper, sheet music, dried, empty tea bags, etc.

For the flowers - fabric, lace, doilies, embroidered napkins, ribbons, printed paper flowers from books and magazines, handmade collage papers, any type of fibre or textiles.

Embellishments like buttons and jewels

**\*\*This is a great opportunity to use leftover collage papers and materials scraps from other projects.**

*REMEMBER EVERYTHING IS OPTIONAL!*