



Slow Down and Focus with Art With Jane Davies

Slow down, focus, relax.

Engage in a series of art practices that help you slow down, declutter the mind, and focus. Each project invites you to take a deep dive into subtle variation within a soothing repetition. This approach gives you practice with techniques, while it also allows your eye to appreciate minute shifts in color, value, and quality of visual elements. All of the techniques are accessible to the beginner, though each practice offers challenges and discoveries for artists of every level.

Create beautiful images in a relaxing and supportive atmosphere. Beginners will learn basics of painting, drawing, and collage techniques while experienced artists find new forms of expression and self-care.

- Acrylic paints: craft paints, acrylic gouache, student grade paint, and professional paints are all appropriate. I use all of the above. Be sure to include opaque paints such as Blick Matte Acrylics or Liquitex Acrylic Gouache.
- Paint markers: I use Posca Paint Markers, available from Blick and Amazon, medium or fine bullet tip are best. https://smile.amazon.com/s?k=posca+paint+markers&i=arts-crafts&crd=3P03Z11HUQKV8&srefix=posca+paint%2Caps%2C173&ref=nb_sb_ss_ts-doa-p_1_11
- Fine white paint pens or gel pens: Uni-Ball Signo, Aristro, or Posca fine point are all good choices. https://smile.amazon.com/Painting-Ceramic-Acrylic-Markers-Extra-fine/dp/B07D2LC8LH/ref=sr_1_28?dchild=1&keywords=aristo+paint+markers&qid=1615323364&s=arts-crafts&sr=1-28
- Bamboo skewers - just a handful if you have them (I'll bring some to share)
- Q-tips
- Makeup sponges (optional - I will bring some to share)
- Wooden pencil with eraser (traditional pencil)
- Scissors
- X-acto knife or craft knife (optional)

- Smooth surface paper, such as Bristol (from Blick). We will be working small (9x12") and tiny (6"x6"); 3 pads of 9x12" Bristol will be sufficient. <https://www.dickblick.com/products/blick-studio-bristol-pads/>
- Flat brushes, 1/2" and 3/4", several of each <https://www.dickblick.com/products/dynasty-finest-golden-synthetic-flat-brushes/>
- Matte medium, Utrecht brand, available from Blick, or whatever you have <https://www.dickblick.com/items/utrecht-acrylic-medium-matte-medium-pint/>
- Disposable palette, pad-of-paper style, 9x12" <https://www.dickblick.com/products/blick-studio-disposable-palette-pads/>
- Variety of collage papers: lighter weight, not textured papers. Solid colors and patterns are best. You can paint some in class too.
- Brayer: 2" - 3", soft rubber <https://www.dickblick.com/products/speedball-soft-rubber-brayers/>
- Glue Stick, any brand but not the purple kind.
- Paper towels - one roll of Bounty or Viva

I will supply

- Cheap drawing paper, 9"x12"
- Some drawing tools to share
- Collage paper to share
- Bamboo skewers
- Make-up sponges
- Bells and Whistles