



Guided Art Exercise *inspired* DESIGN

Read on for some thoughts about creating your very own art and step-by-step instructions to make this an easy and enjoyable adventure for you.

1. Have FUN!
2. Let your imagination and creativity flow.
3. Feel free to get messy, if that feels good to you.

Let's get started with a guided art project by Jocelyn:

What are your favorite colors? What colors make you feel good, soothe you, or energize you? Wouldn't it be fun to have a piece of art on your wall that you made in your favorite colors?

1. Choose how you want to feel when you look at this art. Consider these below, or come up with your own.

- Happy
- Calm
- Energized
- Proud
- Excited
- Inspired
- Relaxed

2. List your favorite colors

Here's a graphic that shows basic colors and their meanings. Feel free to consider these when choosing colors to use in your artwork.

<p>power sophistication mystery death</p>	<p>hope simplicity cleanliness goodness purity</p>	<p>love passion romance danger energy</p>
<p>intellect friendliness warmth caution cowardice</p>	<p>peace sincerity confidence integrity tranquility</p>	<p>authority maturity security stability</p>
<p>life growth nature money freshness</p>	<p>innovation creativity thinking ideas</p>	<p>royalty luxury wisdom dignity</p>

3. Pick your medium:

- Colored construction paper or another type of paper
- Paint
- Color Pencils
- Color Markers
- Oil Pastels

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4. Pick a size and surface for your art:

The easiest to start with is a Poster board. It can be any size you choose, from 8x10" to 24x36". Or buy a stretched canvas of any size or shape. It is best to purchase pre-stretched, and gesso'd to prepare the surface for paint.

An employee at the art store can also make recommendations, depending on what art medium you've chosen.

Day 1:

Look at art online. Look up the artists below for inspiration:

- Jackson Pollack
- Clifford Still
- Henri Matisse
- Pablo Picasso
- Paul Klee
- or another favorite



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Day 2:

Choose how you want to feel when you look at this art.

- Happy
- Calm
- Energized
- Proud
- Excited
- Inspired
- Relaxed

List your favorite colors.

Day 3:

Buy art supplies

(list will be inserted here as downloadable pdf)

Day 4:

Start your art project.

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Things to consider:

- Old shirt or apron to protect your clothing
- Newspaper or large pieces of plastic to protect the surface you're using.
- Paint outside

Before you begin:

- I suggest you sit quietly, close your eyes, and take at least 3-5 long, deep breaths.
- Allow yourself to relax and drop your shoulders. BE aware of thoughts or feelings and let them drift away.
- You might ask yourself what you see in your mind's eye.
- What colors, what shapes? Are they curvy or angular, or both? What feelings come up?

Open your eyes and grab your paints or scissors and paper, and let your creativity start flowing. The less thinking, the better; begin putting paint on the art surface or cutting shapes and seeing what arises and how it comes together.

Hint:

Use Pomado or other timer app and play with your materials for 20 minutes.

If that's enough for you for one day, stop.

If you're in the flow, start another 20-minute cycle.

Repeat as many times as you would like or as time allows.

Put your art in progress, or your finished art, where you can see it and look at it for a few days. Start by taping it to a wall near eye level. Be with what you've created, without judgment. Notice shapes, colors, areas, and how you feel when you look at them. If you like certain areas and not others, BE with that. Let it inform you if you'd like to try another art piece or if you're satisfied with what you see on the wall. If you've created several pictures, put all of them on the wall together. Maybe all the pieces together will evoke something with a more significant impression for you than a single picture.

Since this is for you, so you get to decide if you like it or not. What feelings does it evoke when you look at it? Is it something you'd like to see every day? Even if it's different from what you intended, it might be exactly what you want or need, at least for now. Do you want it in your bedroom, for your eyes only, or would you like it in a central living area where others can see and enjoy it, too?

Day 5 and beyond:

Come back to your project again, or start a new one.

Review these notes whenever you'd like to start another art project by clicking [HERE](#) to download the instructions.

We wish you happy creating!