

INDOOR GARDEN

PREP

Setting up your space – make sure you have enough room to spread out. You could work on a table or easel or even a wall if you're not too messy. I usually put down plastic sheeting or an old bed sheet on the floor to protect from accidental spillages.

Plants and Flowers

Gather whatever you have available to you – have a scout around for plants from around the house or pots of flowers from the garden. Do you have a beautiful vase that you could fill with cut flowers i.e. daffodils, tulips, or a bigger bunch, which could be spread out over several containers. Have a look for some patterned and/or brightly coloured fabric to place under your pots and vases, a vibrant tea towel or a pillowslip would work well. Think about contrasts i.e. different sizes of plants/flowers and vessels to add interest, what does your biggest vase and smallest jug look like placed together? Think about different textures, spiky cacti and smooth succulents, also things spilling out of pots, emerging hyacinths and splaying tulips. Look out for colours and shapes you're excited by.

MATERIALS

I've put together a list of suggested materials for the course, you may have other equipment at home, which can be substituted for the ones suggested. I've noticed some online art shop supplies are running low in some things so please just use whatever is available to you.

DRAWING MATERIALS

It would be great if you can have some basic sketching materials such as charcoal, pencils, and an eraser. If you're more experienced with drawing, chunky graphite sticks can be fun to use (*see below for the daily breakdown*).

PAINTING MATERIALS

- Use any oil or acrylic paint, supports and brushes you are comfortable using. The colours I suggest are a primary palette with two reds, two yellows, two blues, one white, plus one green.
- A good range of colours can be made from a primary palette.
- If you have other colors you want to use, feel free.

Suggested Colours:

Titanium White, Lemon Yellow, Cadmium Yellow, Cadmium Red, Alizarin Crimson, Ultramarine Blue, Cobalt Blue or Cerulean Blue, Viridian Green or Cadmium Green Pale

- A good palette knife with teardrop or diamond shaped blade for mixing.
- The largest palette possible – more space to mix paint.
- Brushes – a good range of sizes and shapes i.e. flats, rounds or filberts. Sizes – anything from size 4 – 10.
Hair – Hoghair is good for oils as it grips the paint and helps with textured marks. Synthetic brushes have more spring and produce smoother stokes.
- I've suggested a set of brushes (see below) which have a good range of shapes and sizes for an affordable price – they are student quality. I use them with my other brushes.



CASS ART:
Jakar Long Handle Brush Set
Pack of 16 brushes

£9.95

- If you would prefer to work in dry media and not paint during the course – soft pastels would be fine too and with a good range of colours. Toned papers work really well with pastels. You can buy large single sheets online – Fabriano Tiziano is a brand of paper I like to use (it has a textured and smoother side).
- Some neutral colours could be nice to work on and black is great for strong contrasts. Alternatively you could tone the paper yourself with watercolour or acrylic colour wash (not too thick). Make sure to tape down the paper to your board well before applying water, otherwise it will buckle the paper.

SURFACES

- **Day 1** - For drawing – X4 sheets of cartridge paper approx. A1 size.
- If you can work large it will allow you to be freer with your approach. If you only have smaller sheets of paper then you might want to double the number of sheets.
- **Day 2/3** - For painting – 1 or 2 surfaces e.g. thick cartridge paper approx. A1 size or as big as you can manage (300gms is a good weight for wet media) or if preferred a pre-primed canvas/board also approx. A1 size. Smooth cardboard or mountboard could also work.
Note: if using oil on paper – you will need to prime the paper with acrylic primer before using (1 coat should be fine). I will discuss this more on day 1.
- A sketchbook or loose paper would be useful for making several compositional sketches and taking notes – A4/ A3

CHECKLIST	
DAY 1	DAY 2
• X4 - A1 cartridge paper <i>White or toned paper</i>	1 or 2 - A1 thick cartridge paper or canvas/board (primed if using oils)
Charcoal	A4/A3 paper or sketchbook
Soft pencil - 2B or similar	Palette: wooden, tear off palette, plate or piece of card
Eraser and sharpener	Brushes in a variety of sizes (a starter pack has a good range)
A1 drawing board	oil or acrylic colours
	Masking tape
	Paper towels or Rags

Extras if using Oils

- Palette knife
- Linseed oil
- Sansodour (for diluting the paint – it has no smell)
- White Spirit for cleaning brushes (white spirit is very smelly so Sansodour is a good low odour alternative)

Extras if using Acrylics

- Acrylic medium – ideally acrylics should be diluted with acrylic medium like Winsor and Newton Acrylic Flow Improver – it stops the colours going duller/darker as they dry and slightly slows drying time.
- large jar for water
- If using acrylics you've got the advantage of using mixed media i.e. oil or chalk pastels on top.

Oil paint OR acrylic paint?

- Use whichever medium you feel most comfortable with.
- Advantage to oil: more time to mix the color before it dries.
- Advantage to acrylic: dries quickly so you can paint over it