Painting as a Mindful Activity

Painting is more than just making art, it's a chance to relax and focus on the present. Here's why it's great for your mind:

Stress Relief: Painting brings a calming focus that can reduce stress.

Improved Coordination: Practice makes your hand and eye work together better.

Self-Expression: Share your feelings and ideas without words.

Confidence Boost: Every brushstroke builds your creative confidence.

Mindfulness: Being present with each brushstroke is a peaceful way to unwind.

Painting 101 Instructor: Clerissa Visser

Clerissa has loved art since she was young, exploring painting, drawing, and sculpting. In high school, she even scored the top mark for Fine Art in SA! Now, she shares her passion for art with others.

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Remember, painting is more than just a hobby - get messy and enjoy the process and watch as your mental health flourishes!
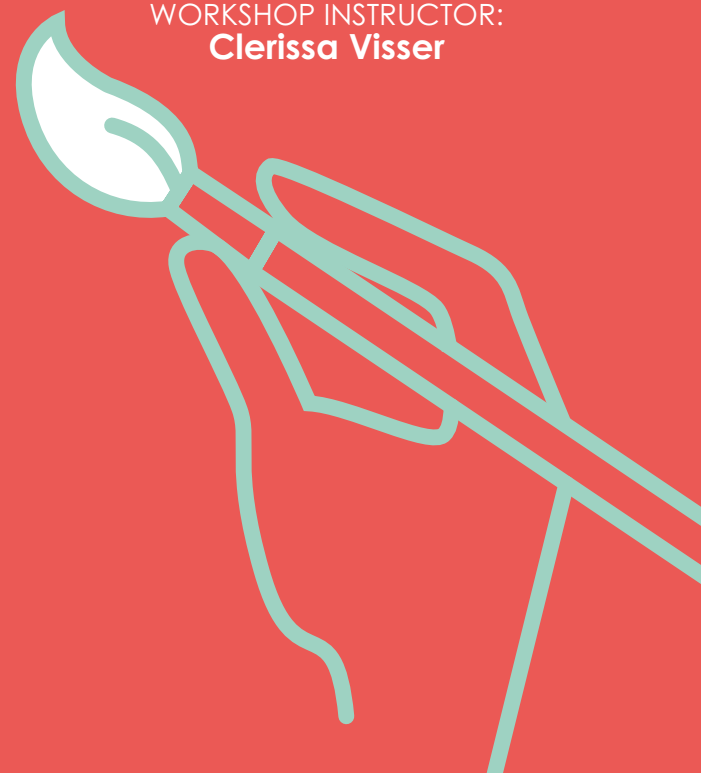
Remember to have fun

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THE ART OF
UNWINDING

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THE ART OF
PAINTING

WORKSHOP INSTRUCTOR:
Clerissa Visser

Welcome to Painting 101!

Why Painting?

Painting is a wonderful way to relax, express yourself, and let go of daily stress. Think of it as a break for your mind a time to tune out everything else and enjoy creating something unique. Ready to dive in?

Benefits of Painting

Here's what picking up a brush can do for you:

- **Relieve Stress:** Let your worries melt away as you focus on colours and shapes
- **Unlock Creativity:** Discover new ways to think and express yourself.
- **Boost Confidence:** Creating something yourself is a big accomplishment.
- **Self-Expression:** Painting is your chance to put your ideas and feelings into colour.

"If you hear a voice within you saying, 'You cannot paint,' then by all means paint, and that voice will be silenced."
— **Vincent van Gogh**

What you'll Learn in This Painting Workshop

In this class, we'll explore acrylic painting, focusing on simple techniques like shapes, light, and colour. This is a relaxed space for all skill levels, where you can try new things, find your style, and enjoy the mental benefits of painting. By the end, you'll have your own artwork to take home.

DID YOU KNOW?
According to a study published in the Journal of the American Art Therapy Association, art therapy can be an effective treatment for mental health disorders such as depression, anxiety, and post-traumatic stress disorder (PTSD).

Materials You'll Need

Here are the basics to get started:

1. A few paintbrushes (any type is fine for now).
2. Red, blue, yellow, and white acrylic paints.
3. Sturdy paper or canvas sheets.
4. A pencil (optional) for sketching before you paint.

TIP: You can find these supplies at most art or craft stores and some hardware stores, too!

Let's get Painting

With your brushes in hand, it's time to bring your creativity to life. In the following exercises, you'll create your very own masterpiece. **Let's get painting!**

1. Get Started with Shapes

First, warm up by drawing simple shapes like circles, squares, and rectangles on a scrap paper. These will help you get a feel for the layout of your painting.

2. Set up Your Composition

On your canvas or paper, sketch out the main parts of your painting using basic shapes. Keep it simple, don't worry about details yet! Just try to get the proportions right.

3. Add Details

Once you have your shapes, start adding any natural lines or curves. Think of it as turning simple shapes into what you want to paint.

4. Lay Down a Base Layer

Paint one colour across your whole surface (called an "underpainting") to tie your colours together. You can add light or dark areas by diluting your paint with water.

5. Add Colour and Shading

Start with flat colours just basic colours for each part (like a solid yellow for a banana). To make it look more realistic, mix a bit of other colours into your main colours (use the colour wheel as a guide).

Once this layer dries, add darker and lighter shades for depth, using your lightest colours (like white) and darkest colours (like black).