

My Art ADVENTURE



Art Workbook



By: Amy VanHoy

Filled with Painting
Tips and Advice

- Color Wheel Exercises
- Scavenger Hunt
- DIY Craft Projects
- Painting Tutorials
- PLUS 6 Coloring Pages

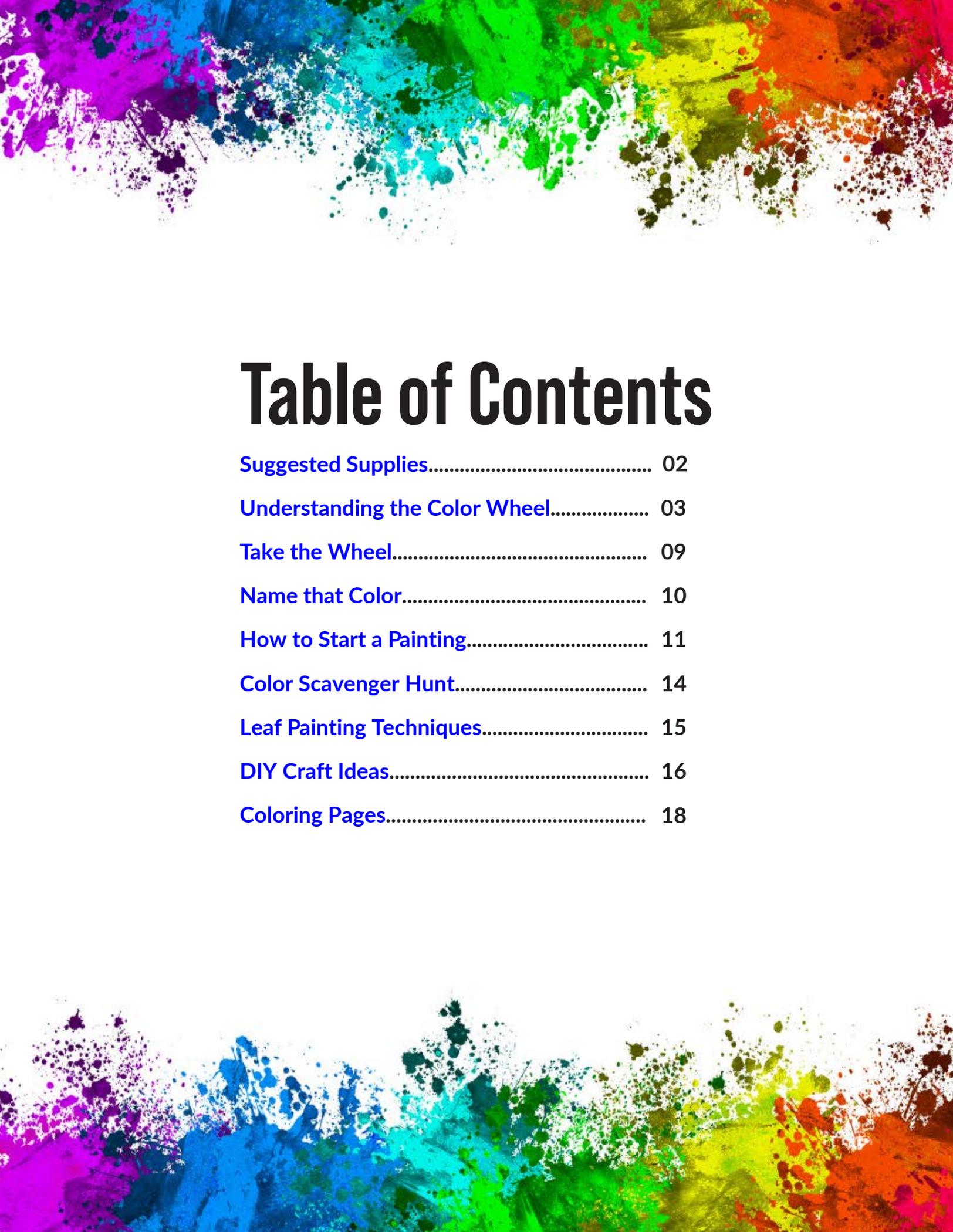


Table of Contents

Suggested Supplies.....	02
Understanding the Color Wheel.....	03
Take the Wheel.....	09
Name that Color.....	10
How to Start a Painting.....	11
Color Scavenger Hunt.....	14
Leaf Painting Techniques.....	15
DIY Craft Ideas.....	16
Coloring Pages.....	18



Recommended Painting Supplies

A Complete Acrylic Paint Kit

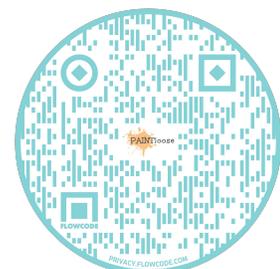
Are you looking to get all the painting supplies in one click? Check out this painting kit.

Why You Will Love This Complete Art Kit

1. **One Stop Shop** – This kit has everything you need to get started; all for one killer price. Try ordering all of these items on your own, and you will easily be looking at doubling the cost.
2. **10X The Acrylic Paint as Other Kits** – Beware of other acrylic paint kits that only provide a sample size of each color. Our paint tubes are up to 10 times larger than most of our competitors. More paint = more practice and more masterpieces to create!
3. **Designed by Artist for Artists** – This kit is designed with the beginner artist in mind, and it's convenient and practical. The kit comes with the option of a pink or green art storage bin.



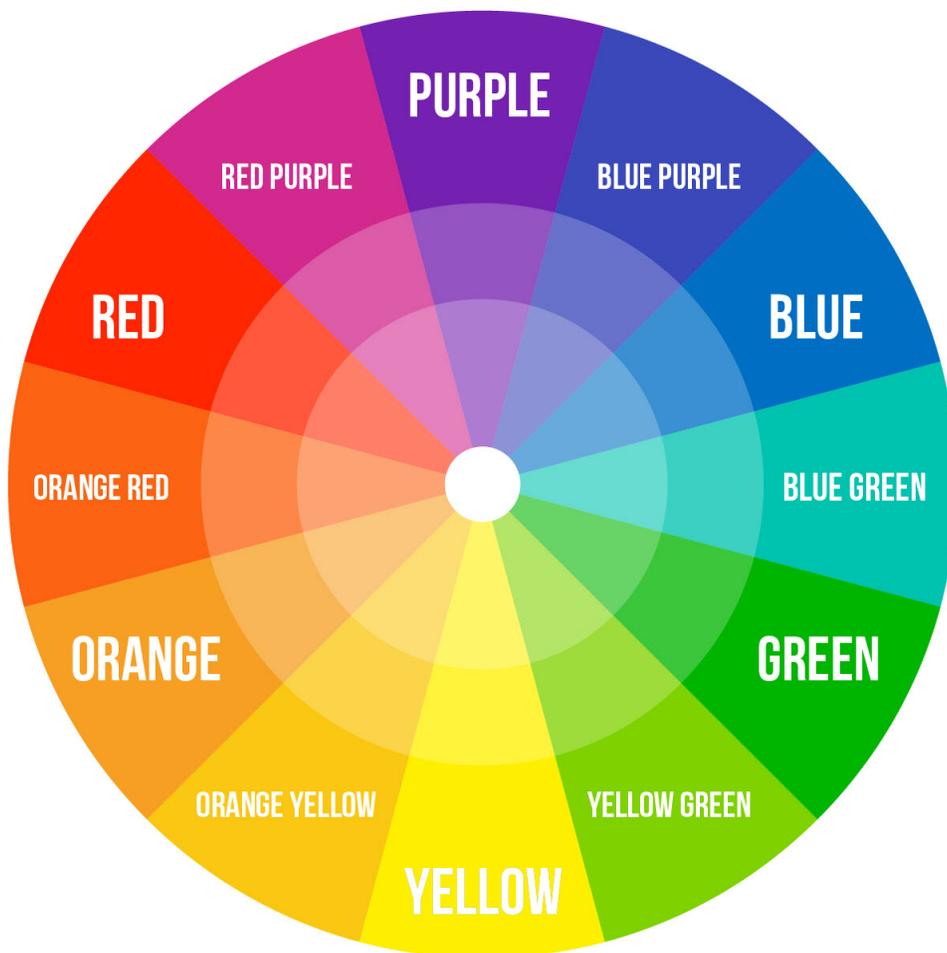
Follow this [link](#) or scan the QR Vcode to find out more.



Understanding The Color Wheel

What is a color wheel?

A color wheel is a painting tool artists use to help understand the relationships between individual colors and how to best use them.

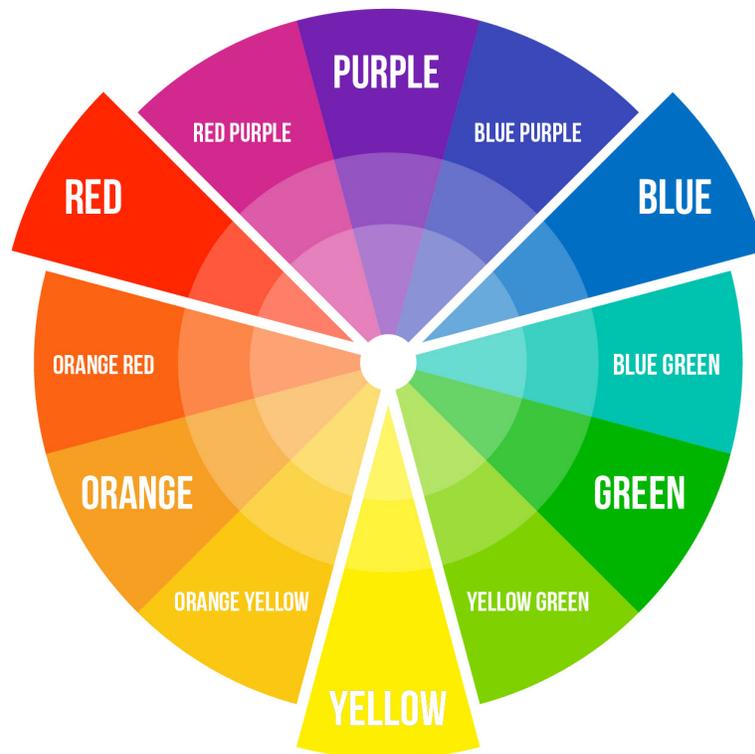


By name, each color is as follows: red, red-purple, purple, blue-purple, blue, blue-green, green, yellow-green, yellow, yellow-orange, orange, and orange red.

Sometimes, colors have more common names like “turquoise” for blue-green, and “magenta” for red-purple.

Primary Colors

Primary colors are the building blocks that make all the other colors on the wheel. Here on our color diagram we can see the 3 primary colors.



We know them as red, yellow, and blue.

Fun fact: Did you know that you can create ANY color you need from mixing red, yellow, or blue paint?

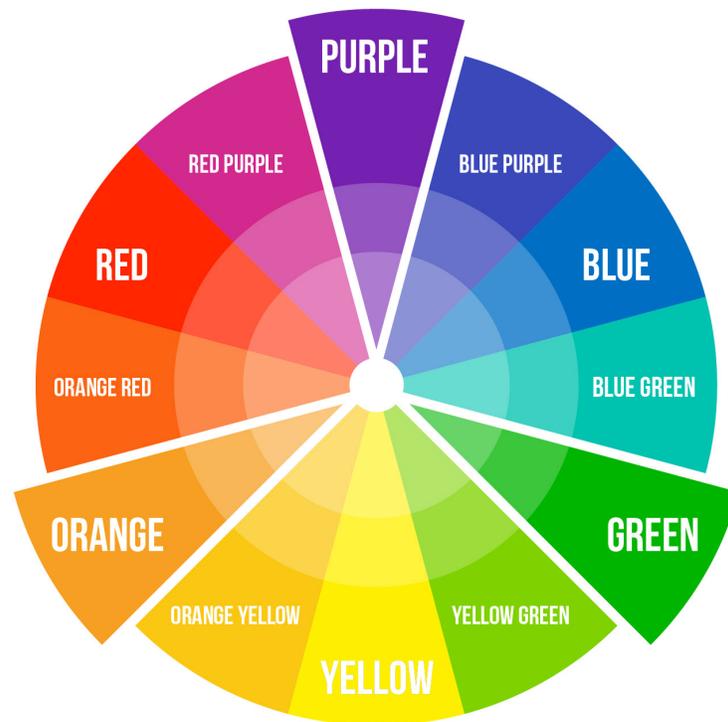
The primary colors on the color wheel are the most powerful colors. Yellow is the brightest color on the wheel while red and blue have been known as “power colors”.

That’s why fast-food restaurants like McDonald’s use red and yellow in its logo - so you can see it from far away!

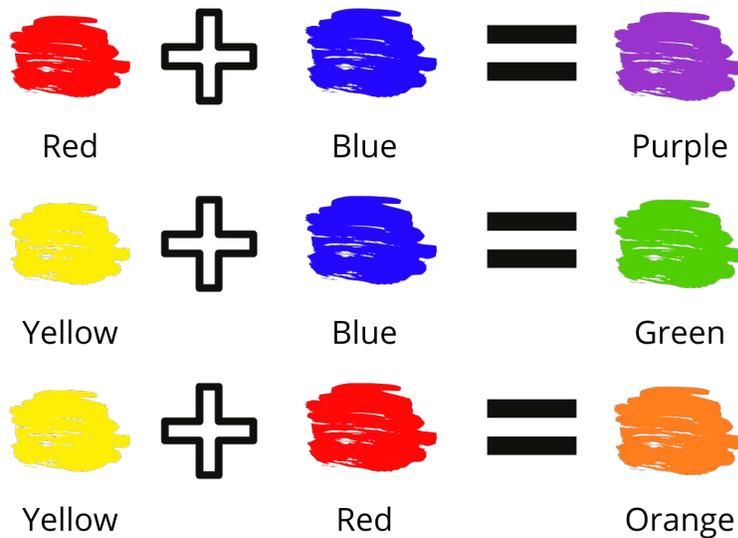


Secondary Colors

A secondary color is a combination of 2 primary colors. There are 3 secondary colors on our wheel - green, orange and purple.



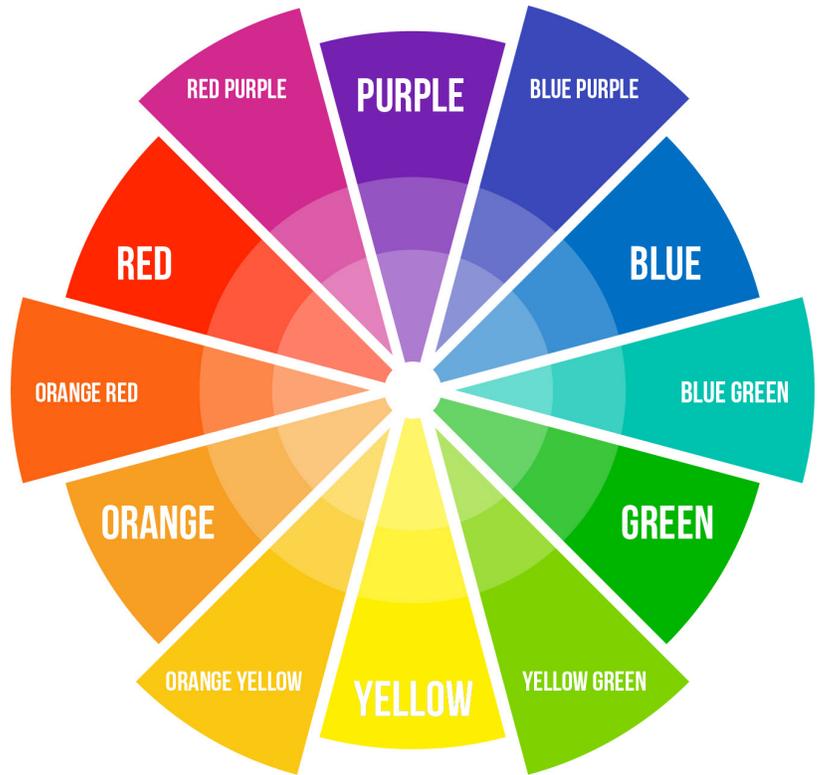
Here is a summary of how to create the secondary colors:



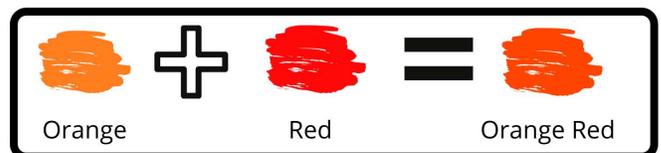
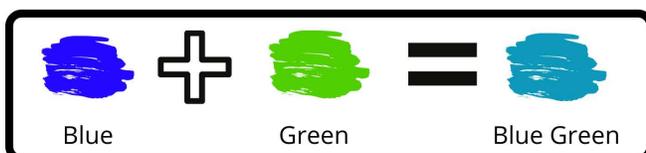
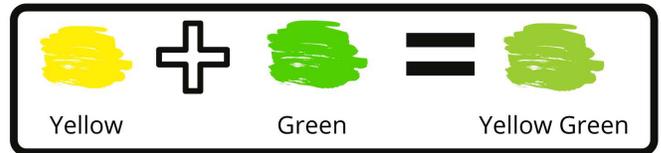
Tertiary Colors

Tertiary colors are the last addition to our wheel. Tertiary colors are a mixture of a primary color and a secondary color.

Each tertiary color is named from a combination of the primary and secondary colors, like yellow-green. The artists were not super creative on naming these colors, were they? There are 6 tertiary colors on our wheel.



Here is a summary of how to create the tertiary colors:

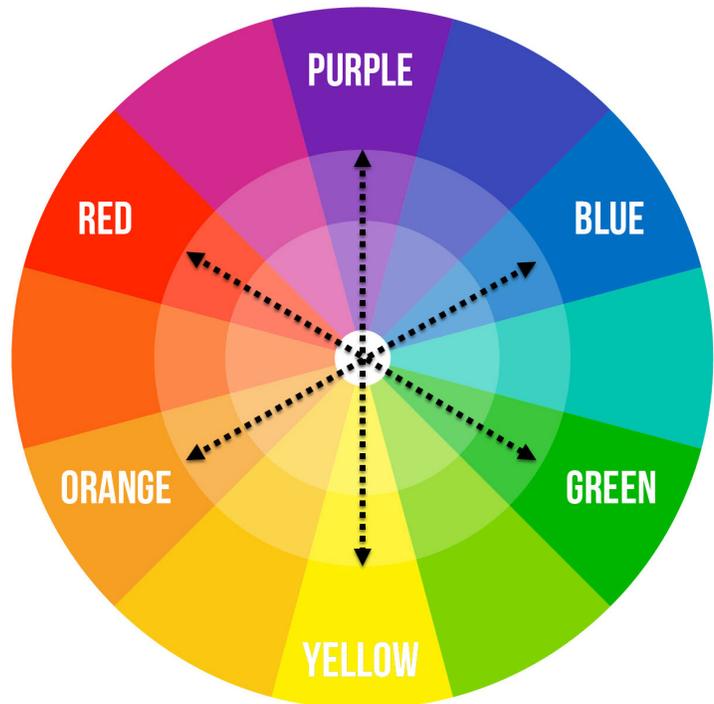


Complementary Colors

Ever heard of the phrase opposites attract? Well, that is the case with complementary colors as their strong contrast can make a combination that's bright and pops. This contrast is due to the fact that complementary colors sit across from each other on the color wheel.

The main complementary colors are:

- blue and orange
- purple and yellow
- green and red

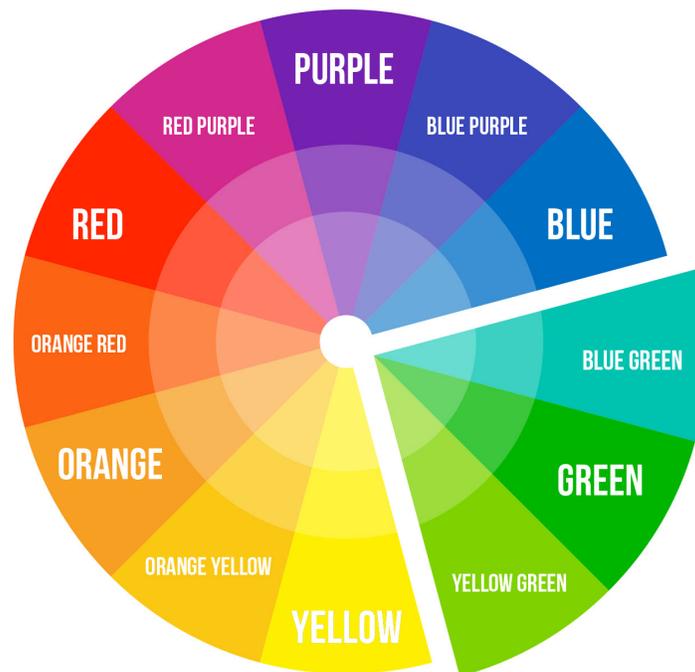


Combining complementary colors creates an eye-catching contrast, which is why many brands use this formula when designing a logo. What's your favorite complementary color combination?



An Analogous Color Scheme

Analogous colors are 3 colors that are next to each other on the color wheel.



Since analogous colors are similar, they usually match well and create a harmonious color scheme. Here's a few examples of paintings that follow an analogous design:

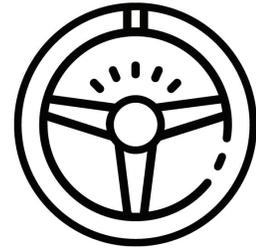


Irises
by Vincent Van Gogh



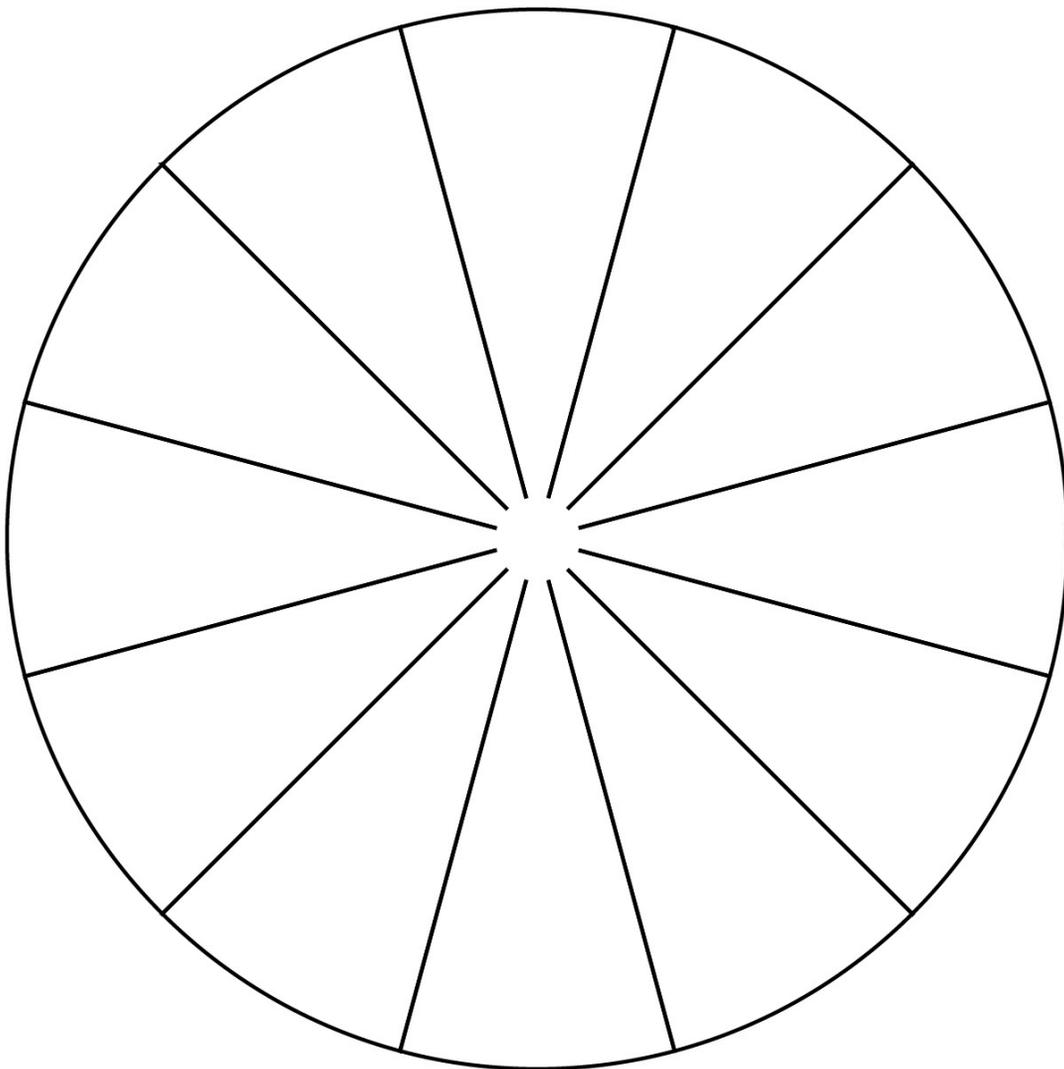
Into the Fields
by Vincent Van Gogh

Take the Wheel



Your turn! Apply your knowledge and create your own color wheel! Try to fill in all of the colors in the wheel below using only your 3 primary colors.

Hint: Start with the primary, then mix the secondary, then the tertiary! Look back at the previous pages for the “formulas” to make the colors if you get stuck.



Name That Color

Play around with mixing your colors to determine what colors you get as a result. You may also refer to the color wheel and the previous pages for help. Fill in the missing colors in the equations below:



Yellow

Blue



Orange

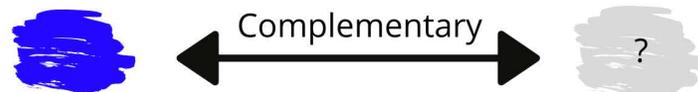
Red



Green



Orange



Blue



Green

Scan the QR code below or click on this [hyperlink](#) to check your answers.



How To Start a Painting

Starting a painting can be tough!! There can be so many options that it can be hard to narrow it down to 1. To make this process easier, we've put together 5 easy steps to help you think through your next masterpiece.

Step 1 Brainstorm a List of Subjects

Write down a list of potential topics.

Feel free to walk around your house or neighborhood to get inspiration. Do you see something you really like or find interesting? Is it your mom's floral arrangement, your backyard, a sunset, a coffee mug, your house or something else?

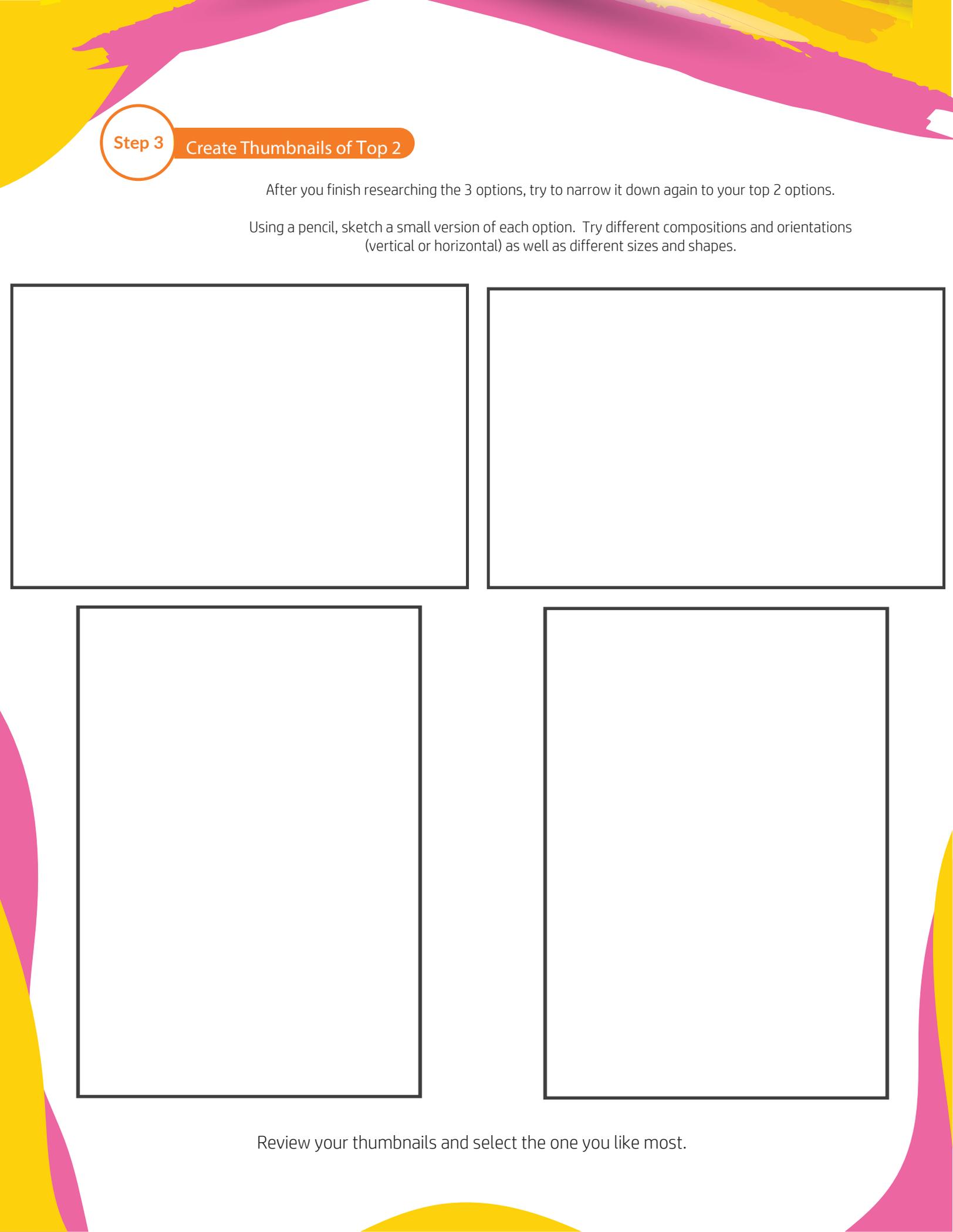
* _____	* _____
* _____	* _____
* _____	* _____
* _____	* _____
* _____	* _____

Research

Step 2

Take a look on-line or find items in your house that you can use as a reference. From the list above, try to narrow it down to your top 3 options.

* _____
* _____
* _____

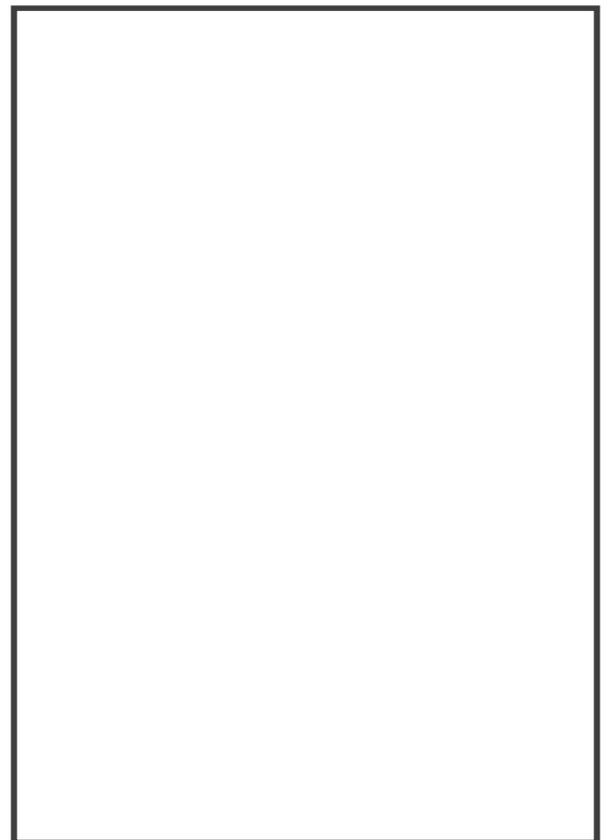


Step 3

Create Thumbnails of Top 2

After you finish researching the 3 options, try to narrow it down again to your top 2 options.

Using a pencil, sketch a small version of each option. Try different compositions and orientations (vertical or horizontal) as well as different sizes and shapes.



Review your thumbnails and select the one you like most.

Select Color Scheme

Step 4

While looking at the color wheel, determine the colors you would like to use. Try to have a variety of light, medium and dark colors in your painting.

Pro Tip: Look at paintings on-line that you like and determine what colors they used. Mirror the color scheme for your own painting.:

Another great and easy color combination = white, black, and 2-3 colors. The white and black will give you the ability to make your colors darker (adding black) or lighter (adding white).

Primary Color: _____

Secondary Color: _____

Step 5

Paint your canvas!!!

With all the organization out of the way, it's time to get to the fun part. Let's get to work on bringing your next masterpiece to life!



Color Wheel

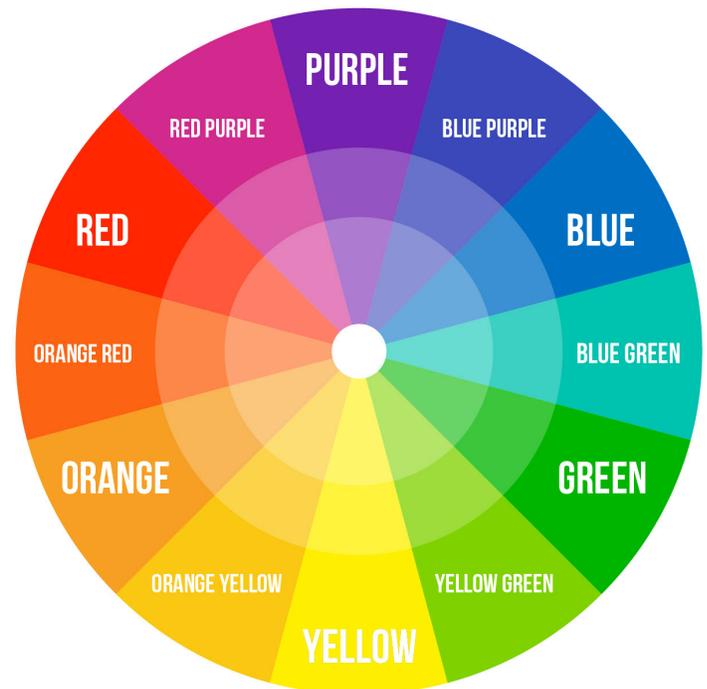
Scavenger Hunt

You've heard the expression, "Don't Recreate The Wheel.. "

Today we're ignoring this old wise tale and recreating our own Color Wheel.

Steps:

We are going to assemble our wheel by finding objects around the house or yard to represent each color on the wheel. Once you have found an object for each color, you will place them in a circle to match the same order as the color wheel.



Rules are simple

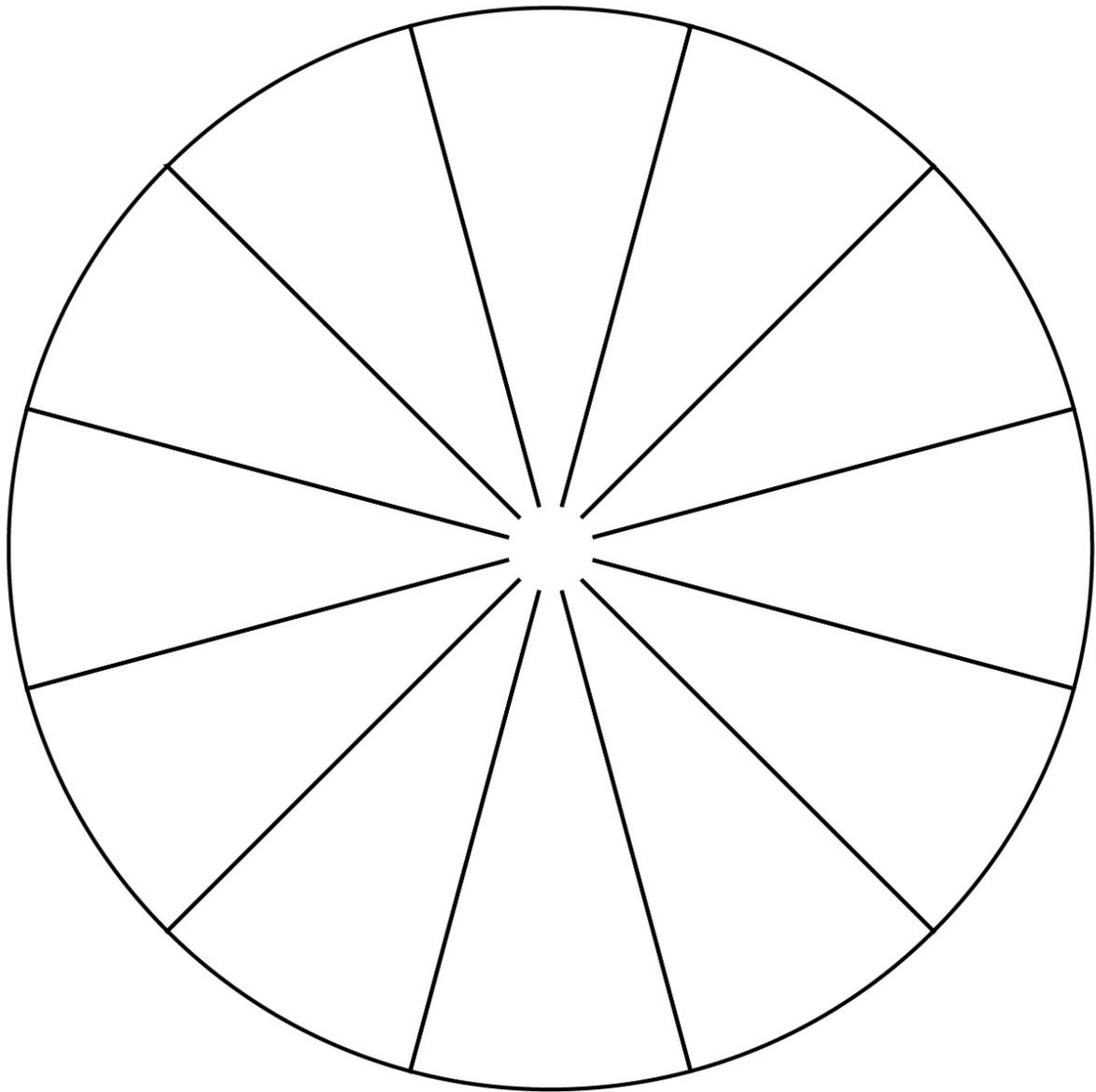
- 1) Must include all 12 colors on the color wheel
- 2) Cannot use any ART supplies

Good luck on your hunt!

Color Wheel

Scavenger Hunt

What items did you find on your hunt?
Draw the items that you found in the wheel below:



Great job on your hunt!

Leaf Painting 101

Looking for a creative painting idea? Let's find some leaves and try out these 4 easy painting techniques.

The Sponge Plunge

Dip sponge and paint around edges of leaf



Pro Tip: Try a mix of colors as you work your way around the leaf

Paint Press

Cover leaf with paint and press onto surface



Pro Tip: You can try pressing harder on the edges of the leaf to get a better stamp

Holy Moly

Paint over the holes of a leaf



Pro Tip: Make sure to get plenty of paint in the holes to give it a neat effect

Fan Me Out

Cover a leaf with a fan brush



Pro Tip: This technique works better with a smaller leaf



DIY Craft Ideas

Sidewalk Chalk Paint

Supplies Need:

- * 1 Cup of Water
- * 1 ½ Cups of Cornstarch
- * Food Coloring of Choice
- * Small Container

Steps:

- 1) Fill small container halfway with cornstarch and your choice of color
- 2) Add water and stir
- 3) Wait to Dry

Paper Mache Bowl

Supplies Needed:

- * Small Plastic Bowl
- * Newspaper
- * 1 Cup of Flour
- * 1 Cup of Water
- * Glitter or Crayons (optional)

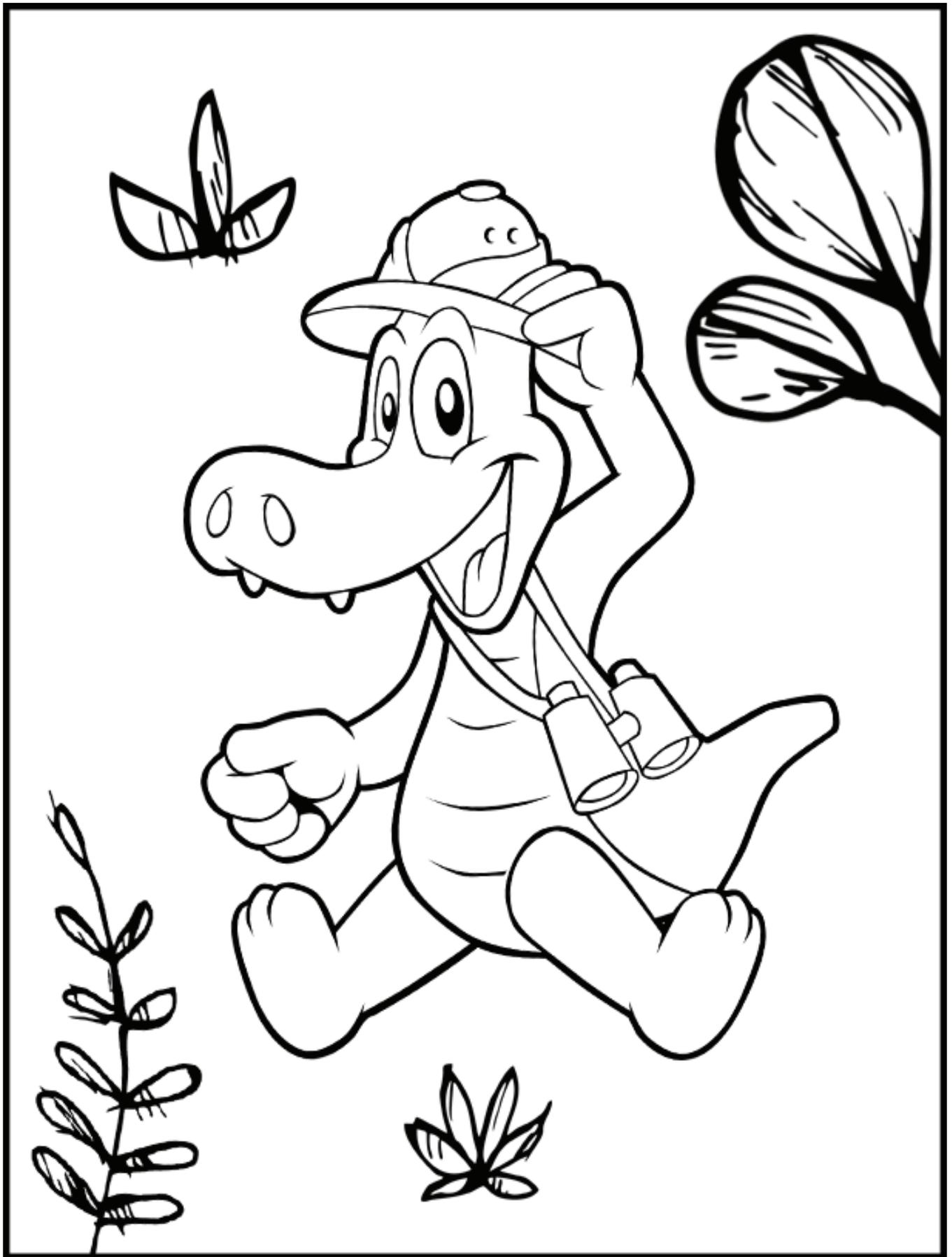
Steps:

- 1) Tear a newspaper into strips
- 2) Combine flour and water to create mache paste
- 3) Dip the torn pieces of newspaper into mache paste and layer over Bowl
- 4) Repeat Step 4 until you have at least 5 layers of newspaper applied
- 5) Allow paste to dry overnight and gently press out the bowl the next day
- 6) Decorate the paper mache bowl using glitter or crayons

















Amy VanHoy – Abstract Artist

Amy is the founder of PAINTloose.

She created the company to combine her two passions: painting and teaching.

She majored in Studio Art at the University of Texas at Austin. Amy seeks to share her extensive art training with others. When Amy was in the 1st grade, she had an art teacher, Dr. Cherry, that recognized her talent. He had her parents come up to the school for a parent teacher conference. Dr. Cherry showed Amy's parents all of the other student's artwork, and then she showed them Amy's and said, "You need to get her into art lesson".

Amy believes nurturing your artistic talents at a young age is so important! Picasso himself even said, "Every child was once an artist". So go out, have fun and make a beautiful mess with your art supplies.

Have any questions about the book?

Shoot her an email to find out more at amy@paintloose.com

or scan the link below to PAINTloose.

