

## Online Visual Arts Series: Abstract Art with Marlene Lowden

### Supply Lists and Resources for Videos 2-5

#### Video 2: Colour and Texture

##### Exercise One: Colour Mixing

If you want to do some colouring mixing (it is really fun and relaxing) you will need:

- 3-4 pieces of paper
- Paints: yellow, blue, red, black and white
- Palette knife (or old butter knife)
- Paper towel or rag to clean your knife

##### Exercise Two: Exploring colour and texture through painting

First, cover your area to protect everything while we paint (including the floor!)

- 3 large globs of paint: choose your favourite colours plus white and black
- Use a paper plate or stack several sheets of magazine paper together to act as a palette for mixing
- A variety of tools to paint with (use your imagination):
  - brushes
  - palette knives (or old butter knife)
  - sponges
  - rags
  - string
  - cotton swabs
- Container of water
- Painters or masking tape
- Paper or canvas to paint on
- Put together or choose a painting playlist

Notes:

- Paint for as long as you wish, return to the video when you feel done or when you are not sure what to do next
- Below is a list of all the mark marking we did together and more. Have it handy to refer to for more ideas as you paint on your own.

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### **Mark making ideas with Marlene Lowden**

1. Scribble how you are feeling on the canvas or paper to get rid of the intimidating white space
2. Use painter's tape (and paper) to cover up bits of the canvas before you start painting
3. Close your eyes and make a big bold mark
4. Use your non-dominant hand
5. Hold the brush at the very end and paint from a distance
6. Use a palette knife to spread the paint on thickly
7. Scratch through the wet paint with a knife or silicone tool
8. Use a cotton swab or other found objects (feathers make very interesting marks!)
9. Try a sponge, rag or crumpled piece of paper
10. Splat the paint on
11. Use a sprayer with water to let the paint drip
12. Rotate the canvas frequently
13. Use oil pastels or pencils to draw into the paint
14. Switch your brushes often to create more energy
15. Play different music while you work

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#### **Video 3: Shape and Size**

##### **Supply list for both collage exercises:**

- Pile of old magazines (newspapers or flyers will also work!)
- Scissors
- Glue
- 2 sheets of paper
- I love to listen to podcasts and audio books when I'm making art – feel free to choose something to listen to while you create

##### **Notes:**

- Take 20-30 minutes to cut out 15-25 shapes
- Don't be too fussy with your collages - allow yourself 20-30 minutes to complete each one

##### **Guidelines for preparing for the second collage:**

1. Variety of shapes
2. Variety of sizes
3. Variety of solid colours

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#### **Video 4: Value**

##### **Exercise One: Learning about value**

- Black and white paint
- Use paper plates or stack several sheets of magazine paper together to act as a palette for mixing
- Palette knife or similar tool
- Small brushes
- Music you find relaxing
- Your smart phone, tablet or camera
- The greyscale resource on page 5 (you can print this or view it on a screen)

##### **Exercise Two: Painting with Intention**

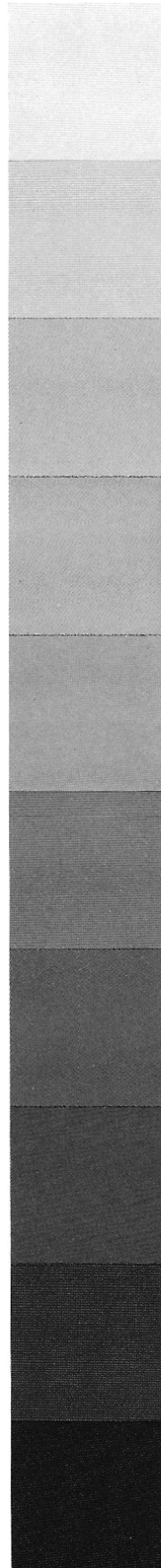
- Cover your area (including the floor to protect everything while we paint)
- 3 large gobs of paint, choose colours that will reflect your intention for this painting plus white and a small bit of black paint
- Use paper plates or stack several sheets of magazine paper together to act as a palette for mixing
- A variety of things to paint with (use your imagination): brushes, palette knives (or butter knife from the kitchen), sponges, rags, string, cotton swabs, etc.
- Container of water
- Painters or masking tape
- Paper or canvas to paint on
- Music that reflects your intention

Notes: Take as long as you wish to paint, return to the video when you feel done or when you are not sure what to do next

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### **Video 5: Review of what we learned**

Have the following handy:

- Your completed paintings
- Your collages
- Cut out a few images from magazines that you enjoy like a landscape scene, a person in action, a bunch of flowers, fruit or food. Or have a print-out of a photo that you've taken.
- If you have a mat to frame photos, it can be a great tool for review. You can also make your own mat out of two L shaped pieces of cardboard.

Happy painting! Feel free to reach out via social media or hop over to my website: [marlenelowden.com](http://marlenelowden.com) and sign up for my periodical newsletters to stay connected.

Instagram: [marlenelowden](https://www.instagram.com/marlenelowden)

Facebook: [justpracticewithmarlene](https://www.facebook.com/justpracticewithmarlene)