

soulcraft

art & craft to soothe your soul

# Peace and Canvas



## Project Guide

[www.soulcraftcanada.ca](http://www.soulcraftcanada.ca)

# soulcraft

Welcome to Peace and Canvas!

I hope you enjoy making this project as much as I enjoyed designing it for you!

This PDF forms part of our peace and canvas project guide. The video part of the guide can be reached by following this link:

Peace and Canvas - Video Guide

Feel free to follow along with me or create your own design! Use whichever materials take your fancy. Enjoy! It's your time!

What's included in your project?

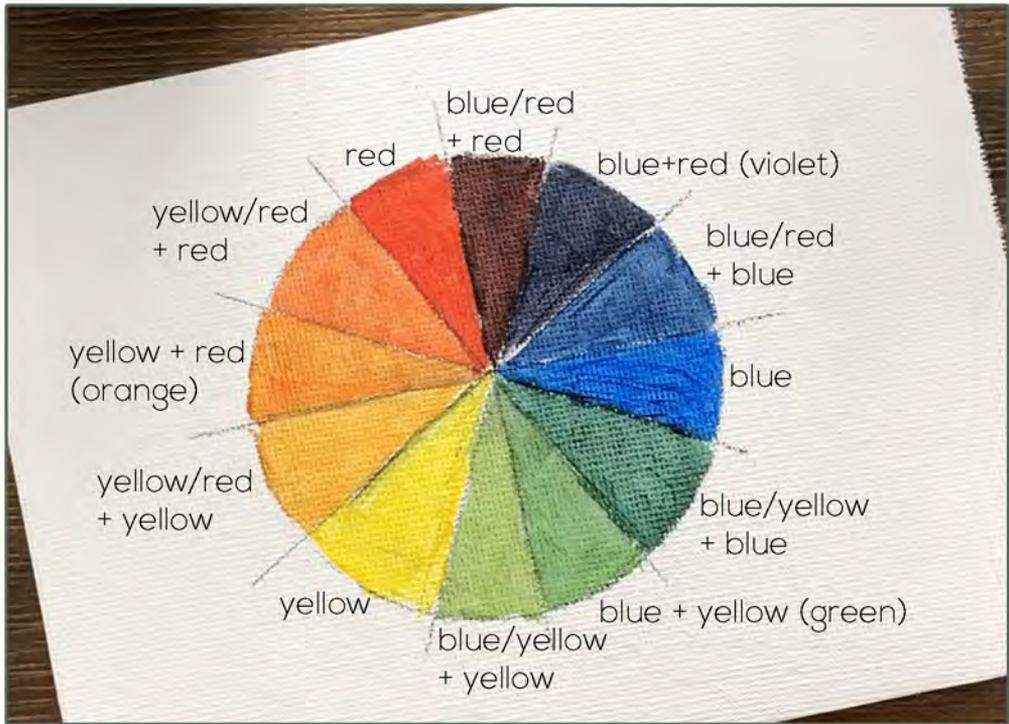
Materials and guide to making a mixed media acrylic on canvas.

- canvas boards
  - construction paper, string, tissue paper, gauze & sand
  - acrylic paints, brush, palette & craft glue
  - a link to the video part of this guide is contained in this PDF as well as being embedded into the peace and canvas page of our website. If you need any assistance accessing the video, please email us at [soulcraftcanada@gmail.com](mailto:soulcraftcanada@gmail.com)
- In addition, you will need scissors, pencil and ruler, a water glass/plastic cup.



# soulcraft

## The Colour Wheel



- To help you get into the painting zone, try making a basic colour wheel. Draw a circle onto a piece of scrap paper or canvas paper and divide into twelve segments.
- Begin with the primary colours; red, blue and yellow. For this colour wheel I used the ultramarine blue.
- Mix the secondary colours; yellow + blue (green), blue + red (violet), red + yellow (orange).
- Finally mix the secondary colours with each of the primary colours; (green) + blue, blue + (violet), (violet) + red, red + (orange), (orange) + yellow, yellow + (green).
- I always find this a relaxing and engaging exercise that helps re-aquaint me with the paints before starting a piece.

# soulcraft

## mixed media tips

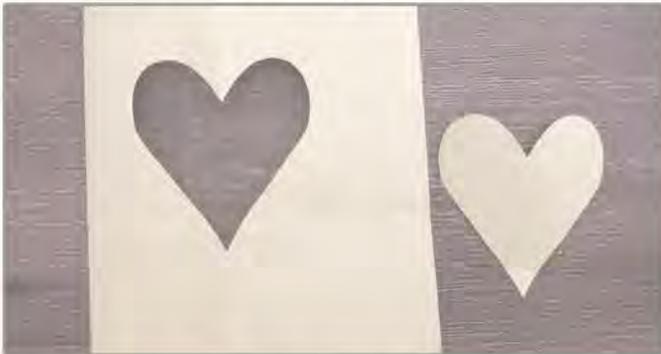
Mixed media is a piece of art, often collage, created using more than one material, for example; cloth, paper, wood and found objects.

The aim of this project, rather than to produce a 'perfect' outcome, is to indulge in the process of layering, gluing and then painting. You can work on one canvas at a time or begin another whilst the glue and paint dries on the first. Don't be afraid to get messy, concentrate on your breathing, posture and letting yourself feel your way.

Side note; I have taught this activity many times and I always feel vulnerable in doing so. Expressing oneself in this manner can be outside of your comfort zone, so don't worry if you feel apprehensive or 'stuck'. Push through and let your creativity flow.

If you're a beginner then I recommend choosing a really simple shape to work with for this project. My personal favourite is a heart shape, I use hearts often when demonstrating because they're very easy to work with and they look lovely. Plus they make great gifts, if you decide to bless someone with your finished piece.

For a symmetrical shape, fold the paper and lightly draw the outline of half the shape if you need to. Then cut (or tear) the paper shape. You can use one larger shape or multiple smaller shapes.



I'm not actually going to use the heart cutout in this piece, I want to use the paper with the cutout in it as a stencil.

# soulcraft

mixed media techniques

## *Creating Texture*



- Included in this kit are a few materials which work really well for creating texture; the construction paper can easily be cut or torn and layered, string works well to create a relief whilst gauze and sand make for a tactile surface which is fun to paint on.



- To make it easier to apply the craft glue onto the canvas and stick the materials, dilute it down slightly. I added about 5ml water in this video to approx 1/3 of the glue. It should be thin enough to paint with but thick enough that it doesn't run off. For gluing string I applied undiluted glue direct from the applicator.

# soulcraft

mixed media techniques

## *Adding Layers*



- Using the cutout paper heart as a guide to where I roughly wanted the heart shape to be, I placed the other materials on the canvas deciding where to stick them.
- The aim is to make a really interesting textured background on this canvas. The process of gluing gives you the opportunity to feel the surface of the piece, exploring the textures as you go along.
- Take time to consider which textures you like and where you want to place them. You don't need to use all the materials if you don't want to. Or you may find some of your own around the house. Things like bubble plastic, corrugated cardboard or other items that commonly end up in the recycling might speak to you more.
- Once you've glued down your materials, and especially if you have thick layers of glue on the canvas, leave it to dry for a few hours until the glue feels hard to touch and nothing moves around when you gently test it. Ideally, leave it overnight.

# soulcraft

mixed media techniques

## *Time to Paint*



- I was in a blues and greens mood when I made this piece so I used both the blues, cerulean and ultramarine, lemon yellow for mixing to make green, white to dilute the colours and viridian green for the heart.
- As I worked on the background I left the white space where I roughly wanted the heart to be, using my cutout every so often as a guide.
- As you work on this part of the project, make sure you relax, stop and take several deep breaths if you feel yourself hunching and loosen your shoulders.
- Enjoy the experience of applying the paint on top of the different surfaces you created on your canvas. Practice mixing the colours and try out your ideas on a scrap piece of paper before applying them to your canvas, if you are unsure.



# soulcraft

mixed media techniques

## *Adding Colour*



- I left my background to dry for a few minutes before adding the finishing touch, my heart shape.
- Using the cutout from earlier, I double checked I was happy with the position I had chosen.
- I decided on the main colour for my heart, placed my stencil on my canvas and painted in the heart. Once I had the outline, I removed the stencil and worked in the same way I had for the background, blending a little of the colour I used previously into the heart along with the main colour.
- I could have carried on adding to this piece for quite some time, maybe I still will. For the purposes of this project, I called the painting finished at this point!



# soulcraft

Well done! You've completed your first mixed media project! How do you feel? Will you display it somewhere in your home or gift it to someone special?



Remember, it's not about producing a perfect piece, instead concentrate on the process, enjoy the experience, relax and allow your mind to rest.

See you on the next project,

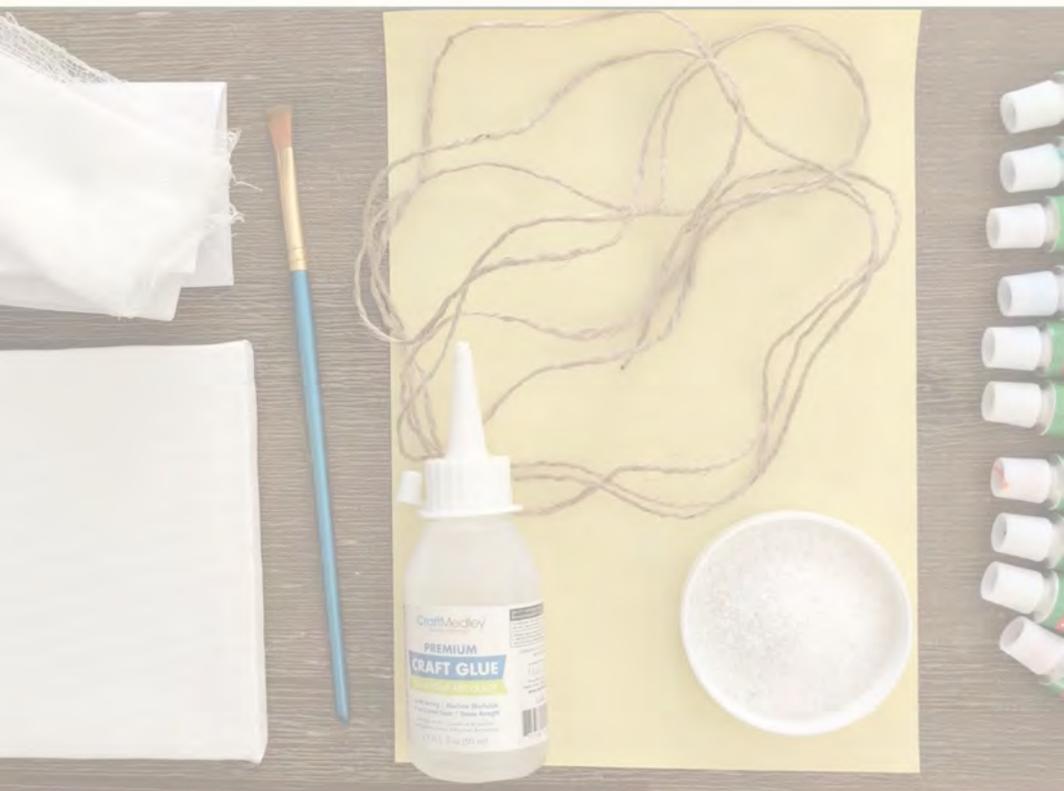
happy soulcrafting!

emmie clare xx

PS; Did you enjoy our Peace and Canvas kit? If you want to learn a different art or craft skill then check out our selection of DIY kits in our online store. Click here to visit;

<https://www.soulcraftcanada.ca/>

[www.soulcraftcanada.ca](http://www.soulcraftcanada.ca)



[facebook.com/soulcraftcanada](https://facebook.com/soulcraftcanada)



[instagram.com/soulcraftcanada](https://instagram.com/soulcraftcanada)



[soulcraftcanada@gmail.com](mailto:soulcraftcanada@gmail.com)

[www.soulcraftcanada.ca](http://www.soulcraftcanada.ca)