TIPS ON SHADING

For my first layer, I applied a layer of ‘salmon’ watercolour crayon to more or less the entire face, and diluted it with a fairly wet brush.

I then added a layer of white acrylics while the former layer was still wet - it made it nice and creamy.

Consider where your light is coming from. I decided the light was coming from the right. Therefore the left side of my face will be darker.

For the eyes I use 2 colours of the crayons and pull the residue into the eyelids, I then use white acrylics again to mute and blend any colour that is too bright.
Continue to add shading and highlight elements to your face. Feel free to use your graphite pencil as well to add shading. (Not everyone always likes that, although I really enjoy using graphite as a shading tool too).

Remember that the bottom lip is usually lighter than the top lip (depending on where your light source is coming from). Also, small highlights in the eyes, on the lips and under the nose really bring a face to life and give your face a sense of depth.

Keep adding and changing, white acrylics is your friend! Don’t be afraid to be bold, it may go ‘wrong’ a few times, but be willing to make “mistakes”, that is how you learn! :)
There are a variety of ways to create beautifully layered backgrounds. One of the key things to remember when creating your backgrounds is to alternate between ‘transparent’ and ‘solid’ layers.

Examples of transparent layers: watercolour paints/crayons, stamping, brayering, tissue paper. More solid layers can be created by using collage, acrylics paints, more solid stamp blocks etc.

I did the following background layering steps:

**STEP 1:** Wrote down negative thoughts/feelings
**STEP 2:** Gesso over words
**STEP 3:** Apply water colour crayons
**STEP 4:** Brayer with white acrylics
**STEP 5:** Applied stamps with ink
**STEP 6:** Brayered again
**STEP 7:** Applied more colour with crayons
**STEP 8:** More brayering
**STEP 9:** Applied affirmative statement
**STEP 10:** Drip drip effect
BACKGROUNDs & LAYERING
visual examples

add a layer of crayons (or watercolour paints) - dilute

i'm a brayer addict! i loooove the grungy, semi transparency it creates! (i like using white acrylics, but play with using different colours!)

create an extra layer with beautiful rubber stamp patterns
Dear Everyone on this course!

I hope you had a great first week and enjoyed this very first lesson of Art, Heart & Healing. Don’t be scared to post your work, we are all at different levels on our beautiful, glorious art journey. Every painting you create is important and significant, even if at first it doesn’t quite make you happy just yet.

By continuing to create, no matter what, we evolve, develop and grow. There is nothing you can do art-wise that is ‘wrong’, everything you do is practise and part of your progress and process.

Big Hugs,
Love,
Tam xoxo