

Out of Mary...

MMMExpo2026

with Amanda Trought

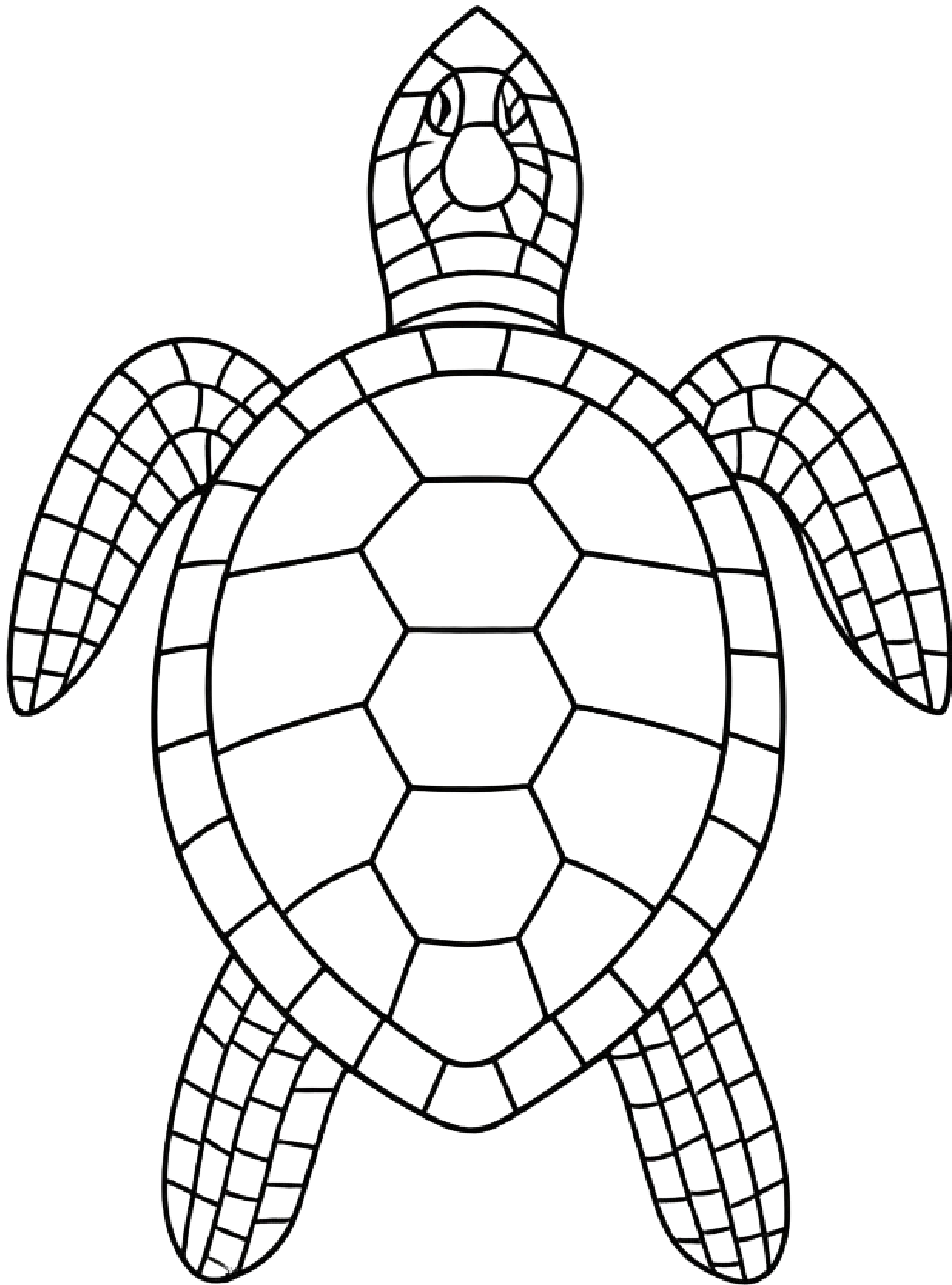


Amanda Trought

Supply List

- Scrap paper - that you may have used with other projects
- Glue stick or PVA glue
- Black Acrylic Paint
- Sissors
- Card or paper to create the master sheet
- Downloadable image to work from or other animal of choice
- Fine Brushes
- Printer to scan & print off different sizes

Sea Turtle Traceable Image



Instructions to Create Your Master Sheet & Turtle



Gather all your paper scraps that you have worked on over time, if you don't have any, you can use images from magazines



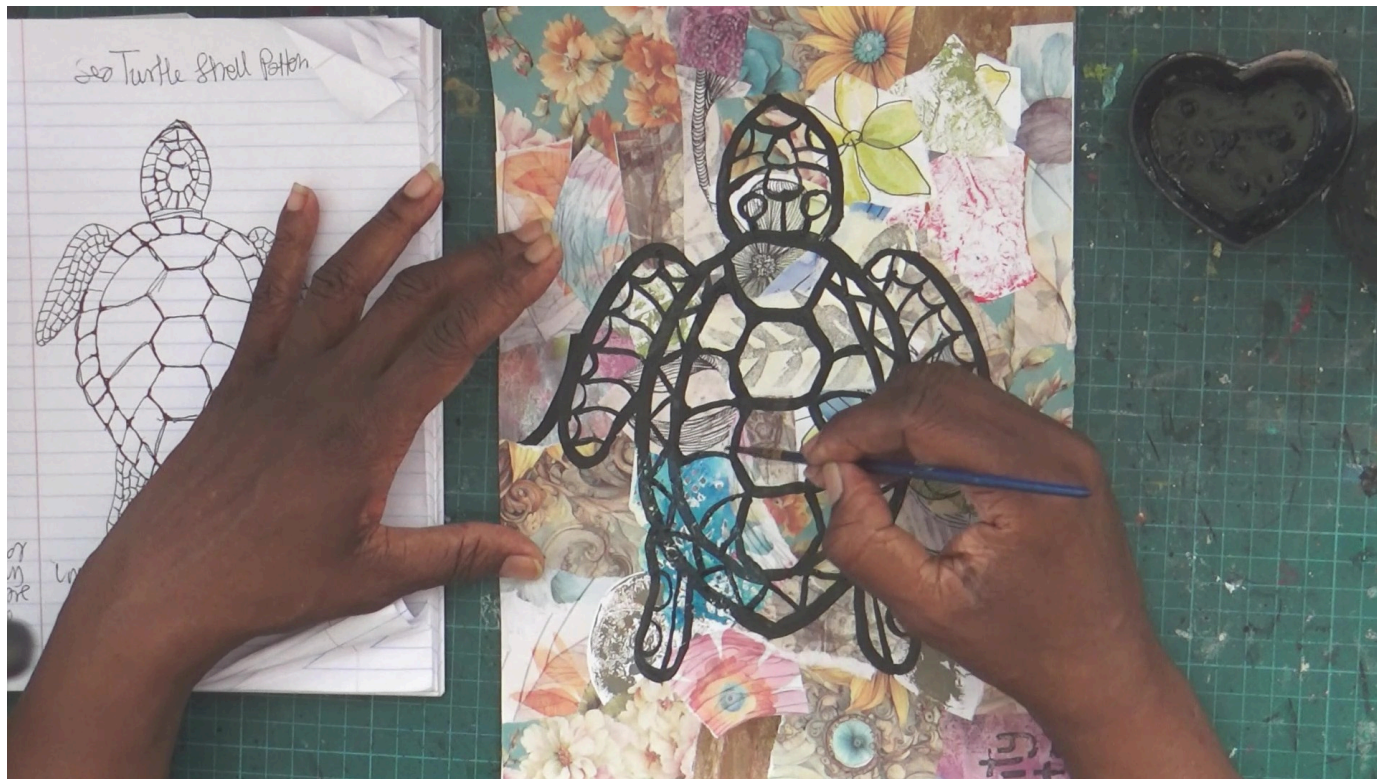
Attach your papers to card watercolor paper or recycled paper



You can make more than one master sheet if you like, it's great to have more than one on the go. You can add more color if you choose.



Using black paint, draw the outline of the Sea Turtle or whatever animal or figure you have chosen.



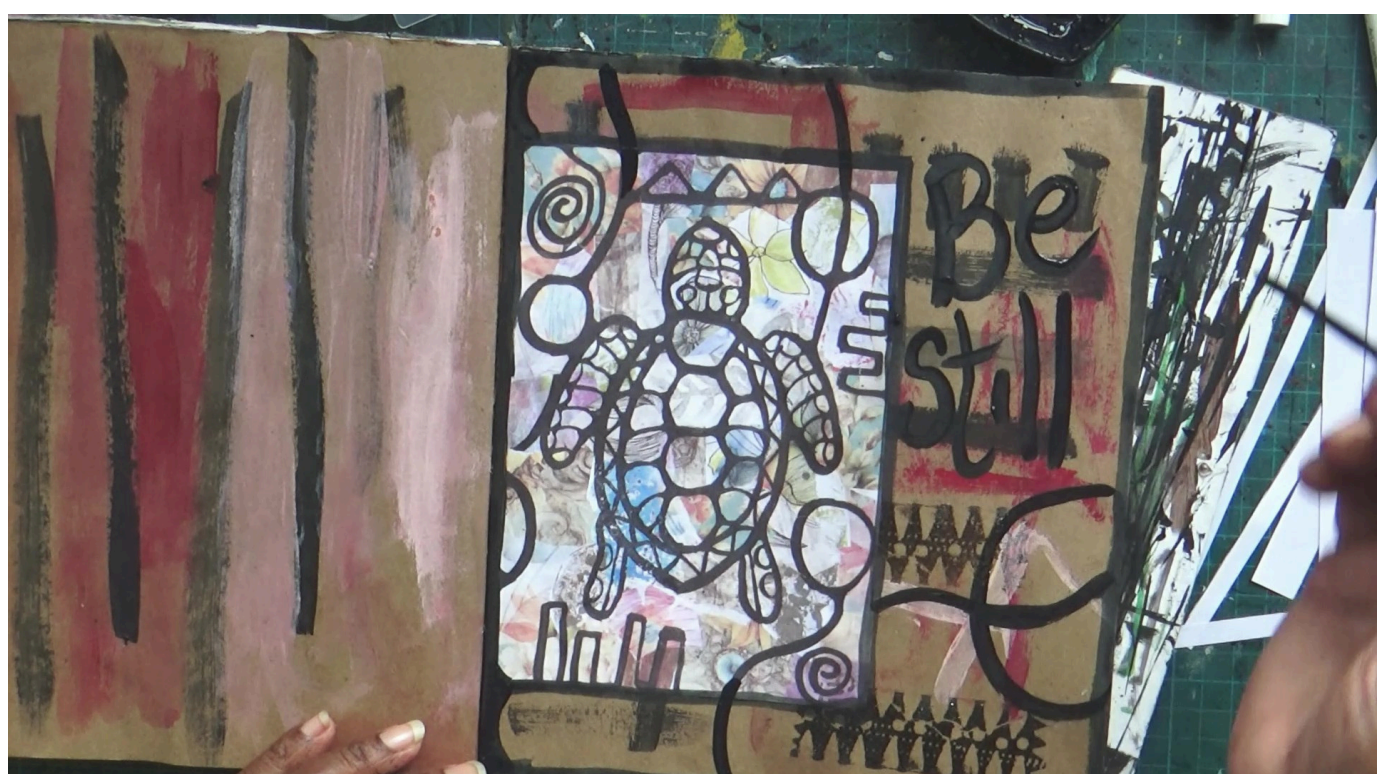
Add the lines for the turtle and include additional shapes and patterns within the turtle.



Think about some of your favorite marks and add these around the turtle. Here I completed two master sheets.



You can go onto scan the completed image and print out different sizes to work with. I have printed full size, A5, A6 and black and white.



Working in your journal on a page that has marks already on, take one of your turtles and add it to the page. using black paint.



Work some of the lines on the image to the outside of the journal and think of a phrase or word that you want to place on the page.



Here is the selection of images I printed out, they can also be cut out, further embellished and will be great in your art journals and mixed media projects.

Looking forward to seeing what you
create

AMANDA TROUGHT

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I would love to see what you do on social media, you can tag me on Instagram @realityarts

I love to create using a wide range of materials and I am always trying new techniques, tools and supplies, there is no end to what you can do with your creativity!! You can find me in a number of other places as well on social media, check me out on the following platforms:

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