

# Happy accidents - Letting go of perfection through play

## Supply List

### Essentials

- an art journal, old book, or any paper surface you'd like to work in
- extra old book pages or collage papers for layering
- glue stick, matte medium, or any other glue
- a few brushes in different sizes for gluing and painting
- water and a water spray bottle
- a palette or small container/lid for paint and medium
- tissues or kitchen roll

### For mark making and journaling

- a pen or pencil/graphite for scribbling / journaling
- markers of your choice, a white or black paint marker / acrylic marker / posca pen if you have one
- acrylic inks in any colours you love - colours used in the session included:
  - Liquitex Red Oxide
  - Daler-Rowney Prussian Blue
  - Liquitex Muted Pink
  - Daler-Rowney Fluorescent Pink
  - Daler-Rowney White
  - Daler-Rowney Black
- white acrylic paint or gesso
- optional: watered-down acrylic paint or watercolours instead of acrylic inks

### Tools for texture and play

- stencil(s), if you have them (home made options discussed in the lesson)
- a sponge for painting

### Fun extras used in the lesson

- coffee or tea for staining and ring marks 🤔
- scrap papers to catch extra stains and turn into future collage papers
- printable affirmations - provided with the lesson

# Happy Accidents

I give myself permission to play,  
to connect with my inner child,  
who creates freely,  
without rules or expectations.  
Nothing needs to be right,  
nothing needs to be finished.  
I am simply here to explore,  
one small moment at a time.

I am not here to create something impressive.  
I am here to experience something real.  
To feel the movement, the colour, the moment.  
This act of making is enough,  
just as it is.

I allow myself to be messy, a little wild.  
Not everything needs to make sense.  
There is beauty in the messy,  
in the layered,  
in the unexpected.

*Kaisa Hart*

artist & creative coach



# Happy Accidents

I trust my creative process, even when it feels  
uncertain

I let go of perfection

I am free to explore

one small step at a time

There are no mistakes

I create without pressure and without expectation

I keep going gently

I don't need to have it all figured out

I let go, just a little more

I let this be easy

There is magic in the unexpected

Magic lives in the small details

I let the magic build, one layer at a time

I trust the magic of not knowing

I stay open to quiet surprises

I let life surprise me

I let go and trust the flow

*Kaisa Hart*

artist & creative coach



Happy Accidents Lesson Printables

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Please do not redistribute, resell, or share these files in any form, digitally or physically.

You are very welcome to share any artwork you create using the affirmations (for example on social media). Please do tag @artistkaisahart on Instagram so I can see your work and cheer you on!

Thank you for respecting the care, time, and creativity that went into creating this resource.

Let's Connect!

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