




the

EIGHT GATES of wisdom

Here is a **birds-eye view** of the eight *Heart Art* 

processes and the materials we will be using.

A detailed list of materials is on Page 2 & 3

1

TECHNIQUE: wet-on-wet

PAPER: A3 or A2 size art paper

MATERIALS: Candle + small bowl/saucer + a selection from the MATERIALS LIST

2

TECHNIQUE: observational drawings

PAPER: 5 sheets x A4 art paper, 1 sheet A3 or A2 art paper

MATERIALS: Mirror, Charcoal (or chalk pastel) + a selection from the MATERIALS LIST

3

TECHNIQUE: 3D sculpting in CLAY

PAPER: A3 size art paper

MATERIALS: Air-Drying CLAY + board + a selection from the MATERIALS LIST

Preparation for Session #4: Find images of someone significant to you, who you would like to have an improved relationship with.

4

Size: print out head & shoulders image (black & white on printing paper) minimum A5 (A5 = 15cm x 21cm) maximum A4 (A4 = 30cm x 21cm)

TECHNIQUE: Torn paper collage

PAPER: A3 or A2 size art paper

MATERIALS: Carbon paper (or black oil pastel) + Black, White, Grey collage papers + Gold paint / pen + small selection from the MATERIALS LIST

5

TECHNIQUE: Mixed-media integration

PAPER: A3 or A2 size art paper

MATERIALS: A selection from the MATERIALS LIST

6

TECHNIQUE: Clay printing & mixed-media drawing

PAPER: A3 or A2 size art paper

MATERIALS: Small quantity of clay + textured objects to make impressions in the clay + a selection from the MATERIALS LIST



7

TECHNIQUE: Mixed-media

PAPER: A3 or A2 size art paper

MATERIALS: A selection from the MATERIALS LIST

Preparation for Session #8: Find images of someone significant to you, who has passed away. **Size:** original photo or enlarged print-out

8

TECHNIQUE: Mixed-media

PAPER: A3 or A2 size art paper

MATERIALS: A selection from the MATERIALS LIST

MATERIALS LIST

Please give yourself flexibility wrt materials. If you do not wish to purchase many art materials, get creative. Look around your home. Use what you've got - printing paper, your kiddie's drawing tools, old makeup, shoe polish - adapt the materials list to fit with your needs.

JOURNAL & PEN	for your reflection writing post art process		
SCISSORS & GLUE STICK / CRAFT GLUE			
ART PAPER <i>US paper size equivalent: A4 = letter size A3 = ledger / tabloid size A2 = double ledger / tabloid</i>	Ideally smooth mixed-media paper 120gsm - 240gsm* Suggested size: A3 (or A2 if you want to work big)	*Standard printing paper is 80gsm. For art-making, thicker paper offers strength and durability	e.g. Venus Ultra Sketch A3 drawing pad (20 sheets 200gsm) e.g. Duria Matt sketching pad (20 sheets 200gsm)
OIL PASTELS	Box of 12 or more colours	For greater colour variety - boxes of 24 & 36 are available	e.g. Pentel, Faber Castell, Staedtler
CHALK / SOFT PASTELS	Box of 12 or more colours	For greater colour variety - boxes of 24 & 36 are available	e.g. Pentel, Faber Castell, Staedtler
	If you enjoy working with chalk pastels you may wish to purchase Fixative to spray over the pastel. Hair Spray also works.		
BLACK INK	Black fabric dye or Black fountain pen ink or Black acrylic drawing ink (<i>note: acrylic ink is quick drying and non-responsive to bleach</i>)		e.g. Dala's Teddy Liquid Dye Parker Quink or Schaeffer bottled ink
TEA & COFFEE	Yes, we paint with these!	Ideally a strong brew of Rooibos tea A strong brew of instant coffee granules	
BLEACH	Yes, this too!	Thin household bleach	



FOR WET COLOUR APPLICATION <i>Any one of these five options for painting with colour.</i> COLOURS: <i>Red, yellow, blue, black</i> <i>Optional: green, orange, purple ... and any other colours you fancy!</i>	Fabric Dyes <i>(reacts with Bleach)</i>	Powder fabric dye mixed in a small quantity of boiling water	e.g. Lady Dye, Dylon, Dye-It (sold at pharmacies)
	Food Colouring	Yes! Paint with food colouring bought from your local grocery store.	
	Liquid Dyes <i>(reacts with Bleach)</i>	If buying a limited range, make sure you have black, blue, red, yellow	e.g. Dala Teddy Liquid Dye
	Paints <i>(no reaction with Bleach)</i>	Watercolours Acrylics Oils	
	Inks <i>(no reaction with Bleach)</i>	Acrylic drawing ink	e.g. Dala
GOLD PAINT / GEL PEN		Small amount of Gold acrylic paint or a gold pen/pencil to draw with	
CLAY		Air-drying clay / modelling clay (approx 500g)	
CHARCOAL	Charcoal drawing stick (black)	If you are unable to acquire Charcoal, use black chalk / soft pastel.	
BIRD'S FEATHER to draw with			
A4 CARBON PAPER	If unable to acquire carbon paper, oil pastels can work (info in lesson)		
LEAD PENCIL (6B)			
ACETONE / ESSENTIAL OIL e.g. Lavender oil to 'distress' magazine images + RAG			
VASELINE / SHOE POLISH / COOKING OIL + RAG			
APPLICATORS	Soft paintbrushes Sticks Feather Earbud Old toothbrush	Paintbrushes: medium & large Chopstick or Kebab stick	
MAGAZINES (APPROX 3)	<i>Try to avoid the generic fashion magazines. Rather go for: Interior / Getaway magazines are preferable to fashion magazines. National Geographics Visi etc.</i>		
COLLAGE PAPERS	Old wrapping papers, tissue papers, recyclable paintings, books, maps etc.		
FOR DRY COLOUR APPLICATION <i>(optional)</i>		Pencil crayons / Watercolour Pencils / Khokis / fibre-tip pens / Wax crayons	