

24 ways to loosen up your art

{ a reminder list }

1. begin with an intention
2. set the scene for freedom - loose clothing, drop cloths
3. get everything ready before you start
4. choose energetic music
5. switch off the technology
6. stay conscious
7. paint big
8. put brushes on sticks
9. paint at arm's length
10. use lots of water
11. work in short bursts
12. do several paintings at once
13. don't go for finished - stop early
14. stand up
15. use your non dominant hand
16. blind contour drawings
17. scribbling
18. Emily Ball's book
19. work fast and loose
20. paint over
21. use larger brushes
22. squint
23. try mark making conversations
24. use apps to reduce detail and enhance colour and tone