

**Howdy! I'm excited to welcome you to paint this "Dahlia Field" along with me in the Dahlia Patch!**

I'm so excited to share my love of painting with you. Painting can be used for so many things, but it's a wonderful way to reduce stress and make sense of the world. I love painting and have been painting at my kitchen counter since I was 7. Now we can paint together!

This is a painting of my own dahlia garden, and it's so fun to be able to paint with this with you!

If you'd like to watch me paint first, and then paint with me later (or not) - this is perfectly fine!

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**These types of paintings (small, impressionistic garden paintings) are what we do in my monthly painting club, Art Garden Therapy. Once a month, we paint a painting of flowers specifically for stress relief.**

You don't need to know how to paint in order to paint with us! I walk you step-by-step through the painting process and explain things along the way. But, if you have already painted before - this will still be fun!

The paintings take less than 2 hours (most of the time) - and they are all recorded, so you can stop and rewind as you would like!

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For Art Garden Therapy, we use acrylic paints on canvas. The materials list is below. As with most everything, there are choices in what types of paint, brushes and canvas to use, and they do vary in quality!

You can use whatever you want, I made two lists so you can easily choose what materials to buy based on what you would like to get out of this painting (lower quality and higher quality materials)

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Note - If you'd like to make it easy and buy your materials from us - here is a link where you can get a starter box with the click of a button:

<https://artgardentherapy.com/products/starter-box-of-painting-materials>

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One is the lower cost option and is available at our local walmart (not sure about yours), but can also be found online and I added links for you. Sometimes these links work and sometimes they don't - it depends what they have in stock.

The other option is what I use. I get most of my supplies from Dick Blick. If you have a local art supply store, by all means go there! But if you don't, I put links to Dick Blick. I'm pretty sure Hobby Lobby sells them too, as does Amazon, but I just started with Dick Blick.

If you already have some paints, go ahead and use them and maybe fill in the colors you are missing!

I do love the liquitex paints - and the higher quality paints you use, the better your paintings will look. However, I was pleasantly surprised at the quality of the less expensive paints from WalMart. If you are on the fence about how much you want to spend, you can start low and add the higher quality ones later. White and Yellow are tricky and I would suggest getting the Liquitex brand of these from the very beginning.

Don't stress out about the materials - painting is supposed to be a way to unwind and we want to keep it this way :)

If you have any questions or suggestions - please let me know! My email is [valerie@artgardentherapy.com](mailto:valerie@artgardentherapy.com)

Now, go gather your materials and I'll see you inside The Dahlia Patch! 😊  
Valerie Miller

PS - Here is where you can find the image of the "Dahlia Field" painting we are going to paint! Print this off at 100%, so it's 6" x 6" and then we can easily trace from it.

<https://files.constantcontact.com/b1b538fe001/94ddec4b-ce7f-40a6-ac45-475db5ba4d88.jpg>

Also - download the image onto your phone, computer or tablet so you can reference it as we paint along.

## **ART GARDEN THERAPY MATERIALS LIST**

Option #1

(The less expensive WalMart Student Option)

### **CANVAS**

Canvas to paint on:

6" Canvases - I'd buy 1 of these packs (for 4 canvases total)

Walmart - Artist Canvas 6" x 6" pack of 4 \$6.98

<https://www.walmart.com/ip/Artist-3D-Stretched-Canvas-100-Cotton-Acid-Free-White-6-X6-4-Pieces-Vendor-Labeling-Ideal-art-students-educators-artists-professionals/651854810?athbdg=L1100>

### **PAINT**

If you are going to Walmart in person - get

Royal & Langnickel Essentials 120ml Acrylic Paint Tube \$2.97 - \$11.19 Each

Honestly - some of these are different than they were just a month ago and might be hard to get (I'm guessing because of the tariffs but I don't know)

Colors to get:

- Titanium White
- Brown
- Dark Ultramarine
- Magenta
- Primary Yellow
- Cadmium Red
- Cadmium Green
- Gold

If you are getting these online -

Get this pack:

<https://www.walmart.com/ip/ACR22-Series-Acrylic-Paint-Packs-22ml/496603156>

Plus get the gold!

<https://www.walmart.com/ip/Royal-Langnickel-R-essentials-TM-Acrylic-Paint-4oz-Gold/2441071>

[2?fulfillmentIntent=In-store&filters=%5B%7B%22intent%22%3A%22fulfillmentIntent%22%2C%22values%22%3A%5B%22In-store%22%5D%7D%5D&classType=VARIANT&athbdg=L1100&from=/search](https://www.walmart.com/ip/Royal-Langnickel-Essentials-250ml-Acrylic-Painting-Matte-Medium/186832783?adsRedirect=true)

## **MEDIUM**

Mediums - this is what I mix the paint with so it goes on smoother and dries to a different finish.

Matte Medium

Royal & Langnickel - Essentials 250ml Acrylic Painting Matte Medium \$4.47

<https://www.walmart.com/ip/Royal-Langnickel-Essentials-250ml-Acrylic-Painting-Matte-Medium/186832783?adsRedirect=true>

Gloss Medium

Royal & Langnickel - Essentials 250ml Acrylic Painting Matte Medium \$4.47

<https://www.walmart.com/ip/Royal-Langnickel-Essentials-250ml-Acrylic-Painting-Gloss-Medium/146313371?athbdg=L1100>

## **BRUSHES**

Royal & Langnickel - 10pc Super Value Golden Taklon Variety Acrylic Artist Brush Set \$5.88

<https://www.walmart.com/ip/Royal-Langnickel-10pc-Super-Value-Golden-Taklon-Acrylic-Artist-Brush-Set-Shaders-and-Rounds/184478108?athbdg=L1100>

## **OTHER MATERIALS TO GET:**

Transfer Paper/ Carbon paper - you can get these anywhere - you just need one sheet

<https://www.walmart.com/ip/Kingart-Graphite-Transfer-Paper-9-x-13-25-Sheets-Gray-Carbon-Paper/275424779>

Paper Towels

Water container plus lid

So this sounds kind of funny, but in my opinion the best way to paint with acrylic paints is to have a little plastic container with a lid (think cool-whip, cottage cheese, pickle or yogurt container). We put the paint on the lid, use the lid as a pallet and put water in the container as your water dish. Then when you want to take a break from painting you put the lid on the

container with the water in it. Your paints won't dry out, and next time you paint you can have the same paints in the same places! I've used this for years and it works great. It's super odd, and doesn't seem very professional - but it's worked for me and it'll work for you too!

## **ART GARDEN THERAPY MATERIALS LIST**

Option #2

The High Quality Option (What I use - only get these if you can swing it!)

### **CANVAS**

Canvas to Paint on:

6" Canvas

<https://www.dickblick.com/items/blick-premier-stretched-cotton-canvas-gallery-profile-back-stapled-6-x-6/>

### **PAINT**

I used Liquitex Professional Heavy Body Acrylics for the paintings I do for Art Garden Therapy

<https://www.dickblick.com/products/liquitex-professional-heavy-body-acrylics/?fromSearch=%2Fsearch%2F%3Fsearchword%3Dliquitex%20heavy%20body>

Get the 2 oz tubes. Price will depend on the color. High Quality paints have higher pigments in them and different pigments cost different amounts.

\$8.39 - \$12.59 for each tube

Titanium White  
Burnt Umber  
Ultramarine Blue  
Medium Magenta  
Cadmium free Yellow Light  
Vivid Lime Green  
Iridescent Antique Gold

### **MEDIUM**

This is what I mix the paint with so it goes on smoother and dries to a different finish.

Liquitex Gloss Medium - 4 oz. \$8.21

<https://www.dickblick.com/products/liquitex-fluids-acrylic-mediums/?fromSearch=%2Fsearch%2F%3Fsearchword%3Dliquitex%20medium>

Liquitex Matte Medium - 4 oz. \$8.21

<https://www.dickblick.com/products/golden-matte-mediums/?fromSearch=%2Fsearch%2F%3Fsearchword%3Dgolden%20medium>

**BRUSHES** Royal & Langnickel Soft Grip White Taklon Brushes - Set 305, Assorted, Short Handle, Set of 5 \$16.99 (or you can find another brush pack. Make sure it has a flat no 10, a round no 1 and another small flat brush 4 or 6)

<https://www.dickblick.com/products/royal-langnickel-soft-grip-white-taklon-brush-set/?fromSearch=%2Fsearch%2F%3Fsearchword%3Dbrush+set+taklon&Item=05890-1059>

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<https://www.walmart.com/ip/Kingart-Graphite-Transfer-Paper-9-x-13-25-Sheets-Gray-Carbon-Paper/275424779?from=/search>

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