



## Week One

- Ask to join the Facebook group if you haven't already as this is where the live sessions will appear <https://www.facebook.com/groups/1400355767065907>
- If you'd like to join the Telegram chat for fun and more accountability use the message chat in the top right corner where there's a speech bubble to say you want to be part of that - I will give you my mobile phone number so that you can text me with your full name, that way I will have your number and I can add you to Telegram. You will need to download Telegram so that I can invite you.
- When messaging me in the chat within the course please put your full name in the message. Sometimes Podia doesn't show me the name of the writer - this is usually when you're writing from a different email address than the one you're registered for the course with.
- Meditate and move daily before you get into your studio
- Read through all the lesson material before you begin
- Gather past work that you love and analyse exactly what it is about each piece using the questions I've given you in the pdf in the first lesson to get you started
- Journal on your findings and create an ingredients list - either with words or colour notes in paint or drawings too - anything to anchor you as you work on your collection
- Prepare your space and tools
- Mix your paints or decide on how you'll approach colour - you might want to use a very limited palette and mix paint daily or you might want to make pots of colours to use.
- Ask yourself what you want to create for your collection, how many final pieces, and what scale/s you're aiming at. Remember the time frame for all this doesn't HAVE to be the end of January.
- Order, prime or stretch your surfaces in readiness for the end of week 2.

