



## How to Create Fluid Art with Acrylic Paint

For Adult Beginners

# Introduction

This instruction guide will help you learn how to make your very own unique acrylic-paint pour. Users will learn how to implement color theory, pouring techniques and use advanced tools. This guide will teach you how to apply fluid acrylic paint mixed with a medium to create waves of paint on your canvas.

Artists around the globe use these simple methods to create unique fluid art pieces.

To create the most unique pour and take full advantage of the paint and the color wheel, follow these instructions step by step to build your skill set.

## **Technical Ability**

Similar to painting with brushes and paint, some familiarity with acrylic paint is helpful but not needed. This instruction guide is for beginner adult-artists.

## **Time**

This will take beginner artists approximately 60 minutes. As you grow more familiar with the setup and paint mixing it should only take about 45 minutes to complete three or four pours.

## **Motivation**

Acrylic paint pours are flexible, unique and therapeutic. By following these instructions, you can effectively pour the paint mixtures and create a fluid art piece fit for a Queen or a King.

## Things to consider before you pour

- **Keep air circulating if you do this activity indoors.**
- Wear a mask if you are pouring for more than an hour because the fumes can be intense for people who are more sensitive.
- Wear clothes that you don't mind getting dirty in.

## Getting started

**Acrylic paint dries quickly.** You will begin by mixing your paint colors with a pouring medium. If the paint gets dry by the time you are ready to pour, simply add a half a teaspoon of water to each cup of paint.

Prepare for this activity by putting on an apron or old clothes you don't mind getting dirty in. An oversized t-shirt would be perfect for this. **Keep in mind that artists with longer hair should tie their hair back** to keep any free flowing drops of paint from getting in your hair.

Before you begin, you will want to **place all required tools around your workspace** and ready to go. Once you begin pouring you will see how messy this activity can be for some beginners. You'll want to be prepared and have your tools nearby and ready to use.

## **Required Tools**

- Acrylic paint

(at least three colors, preferably the primary colors: red, yellow and blue and white to provide some contrast)

- Pouring medium, 32 FL Ounces
- Gesso 32 FL Ounces
- Dixie cups 12 Oz or bigger (for mixing principle colors)
- Smaller disposable cups 9 Oz or smaller (for layering colors and pouring the paint onto the canvas)
- Popsicle sticks for mixing
- Canvases 8x10 (circular canvases make for a more elegant pour)
- Tarp
- Bowl/ Bucket of warm water for your hands and any tools that need to be rinsed off quickly in the process of pouring
- Knife tool to spread the Gesso or any unwanted paint from the canvas
- Old baking sheet (it will get messy and beyond repair)
- Varnish approximately 8 FL Ounces (for your finished canvas after the paint dries for 30 hours)
- A roll of paper towels

## **Advanced Tools (Not required)**

- Cell oil 3.3 FL Ounces (to create cells in the paint)
- Blow torch or heat gun (to push the paint around the canvas in unique ways)
-

## **“Stay Happy” Tips**

- Play music to inspire creativity
- Make two cups of white pouring medium, one plain and the other you can add sparkles or iridescent white to make your canvas shimmer and shine
- Relax and have fun, you don't need a finished product that you are proud of to have fun and experience the therapeutic benefits of fluid art

### **First Module *Mixing and Paint Preparation***

**Step 1.** Place Tarp down on the ground or over a flat surface

**Step 2.** Place Old baking sheet in the middle of the tarp or near where you plan to sit.

**Step 3.** Choose your colors. Once you have chosen your colors, place the corresponding amount of dixie cups to one side of the baking sheet to keep organization.

**Step 4.** Place popsicle sticks in each dixie cup

**Step 5.** Place approximately 2 Tablespoons of desired color in a designated dixie cup

**Step 6.** Follow that with  $\frac{1}{3}$  cup pouring medium in each designated dixie cup with acrylic paint.

**Step 7.** Add 1 teaspoon of water to each dixie cup that has 2 Tablespoons of paint and  $\frac{1}{3}$  cup pouring medium.

**Step 8.** Mix each cup until paint is thoroughly mixed in and you are happy with the color. If unsatisfied with the color, add another Tablespoon of the same color paint to that cup.

### **Where you should be**

By now, you should have each dixie cup filled with A. 2 TBSP of color that you chose, B.  $\frac{1}{3}$  Cup pouring medium, C. 1 TSP of water



*Artists may use a color wheel to build color schemes such as complementary, split complementary, monochromatic, and analogous color schemes to make a uniquely layered pour.*

## **Second Module** *Prep the Canvas*

**Step 1.** Pick a canvas and place it on the old baking sheet in the center of your tarp.

**Step 2.** Drop approximately 2 Ounces of Gesso onto the canvas and spread to each corner creating an even layer of Gesso. This is the primer for the paint, and though not necessary it creates a more finished glossy look for the final product.

**Step 3.** Grab a bowl filled with warm water and place it on the most available side of the baking sheet.

**Step 4.** Have a roll of paper towels at the ready for any unintended messes.



### **Third Module** *Pouring*

**Step 1.** Pick at least three colors you'd like to pour first. (Tip: you may want to give them a quick stir)

**Step 2.** Take one smaller disposable cup, such as a 9 Oz cup and carefully begin to drop one color into the bottom of the cup. This color will appear on top of the pour once you begin to apply the paint to the canvas.

**Step 3.** Take that same cup and slowly pour another color into the cup. (Tip: it's best to run the color down the inside of the cup to keep the colors one on top of the other and create a layered effect).

**Step 4.** Continue *Step 3*. Until the cup is full.

**Step 5.** Pour your paint slowly onto the center of the canvas and watch the colors extend down the sides. You may pick the canvas up and move the colors in any direction you'd like.

### ***Advanced Steps***

**Step 1.** Instead of pouring directly onto the canvas, try picking up the canvas and placing the gesso side onto the cup. Hold both the cup airtight and upright on the canvas and simply flip the cup and the canvas to be gesso side up with the airtight cup of paint facing down onto the canvas.

**Step 2.** Pull the cup slowly away from the canvas and see the unique way the colors fall apart from each other.

**Step 3.** Add 2 drops of cell oil to any dixie cup color. Use this color just as you would the other colors and watch the cells in the paint expand.

**Step 4.** Use the blow torch or the heat gun and hold about 6 inches away from the moving paint on the canvas. This will either blow the cells up into massive cells or simply give the paint more freedom to flow.

### **Fourth Module *dry and varnish***

**Step 1.** Place finished canvases off to the side of the tarp and let dry for at least 24 hours, 30 hour drying time is preferable.

**Step 2.** Once the canvas is completely dry, take a paintbrush and drop 1 TBSP of varnish onto the finished product. This gives the final product a finished glow and preserves the colors and keeps them from fading in the sun. (Tip: avoid letting the varnish drip onto surfaces or clothes due to its lingering/staining nature)



## Fifth Module Cleanup

**Step 1.** Dispose of all extra paint from the bottom of the Old baking sheet into a trash receptacle.

**Step 2.** Dispose of all the dixie cups into the trash receptacle.

**Step 3.** Empty out and wash the bowl or bucket used for warm water

**Step 4.** Wash the varnish paint brush and knife tools used for the Gesso

**Step 5.** Roll up the tarp and organize your tools for next time



## Conclusion

By now, you should have decent experience creating fluid art. Congratulations you are an artist! The more comfortable you get with this process of mixing the paint and pouring it, the faster this process will become. Don't be afraid to try new techniques and be a discoverer in your own rite.

### **Implement your paint designs by**

- Giving away your finished painting as a gift
- Photographing the canvas, then print and cut the photo to make a personalized greeting card
- Filming a TikTok or Instagram reel and tag #fluidart, #acrylicpaint or #flowart to connect with the fluid-art community across the globe.



### **Audience analysis**

Adult-beginner artists will use this guide to help them begin working with and creating fluid art. I know that users of this guide will have an interest in art, specifically painting, and they will most likely have resources to buy the many materials required to complete a successful fluid art piece. Users will use this document to refer to paint-mixture proportions (which can be tricky without a guide) and advanced techniques.

This task is best done in a cold, indoor- environment. This guide will teach users how to pour as a solo artist, but it is also very fun to do with friends or as a group activity. A hot room/studio indoors or the debris from the great outdoors will hinder this process of creating fluid art.

Users must consider that inhaling paint fumes without any form of circulation may lead to lightheadedness or dizziness, and a mask is recommended to be worn during this activity. A printed out copy of this guide is the best way to surf through and complete the modules, in order to avoid getting cell phones covered in paint or varnish.

### **Usability test**

What page do you find your first set of tasks?

What materials do you need?

Which materials are optional?

What is the proper attire for this activity?

When should you finish completing tasks in Module 4?

How long will this project take for absolute beginners?