

AGES 16+

Mixed Media Foundations

Create a surface, then respond to it.

A small studio invitation from Palmina

Use what you already have. There is no single right result.

MATERIALS TO GATHER

- ☐ Paper, board, or a sketchbook page
- ☐ Drawing tool and one wet medium
- ☐ Paper scraps or found paper
- ☐ Adhesive suitable for paper
- ☐ Cloth, palette, and a protected work surface

A NOTE BEFORE YOU BEGIN

Safety note: Follow the labels for every material, protect your surface, and use ventilation for any medium that requires it. Work with sharp tools only when trained and prepared.

YOUR STARTING PROMPT

What are you curious to notice, try, or change today? Write a word or draw a first mark here. _____

MAKE / NOTICE / TRY AGAIN

Four moves for your studio time

1

Set an intention

Write three words for the feeling, place, or question you want the piece to hold. Keep them visible.

2

Build a ground

Make a first layer with broad marks, washed color, rubbed graphite, or collage fragments. Leave a few quiet areas.

3

Interrupt the surface

Add a contrasting layer: a line over a wash, a torn edge over a drawing, or a repeated mark over a smooth field.

4

Revise with purpose

Step back. Cover, remove, or redraw one area. Finish by naming the strongest relationship on the page.

PAUSE + LOOK

Reflection: Photograph or sketch the piece before and after revision. What did the second decision make possible?

Use the next page to collect your ideas, tests, and notes.

Make room for your version

Use this space to draw a plan, test a mark, or record what happened.

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FINISH + SHARE

A few questions to carry forward

What part felt easiest to begin?

What surprised you while you worked?

What would you change, repeat, or explore next time?

MAKE IT YOURS

There is no finish line for a creative practice. Keep this sheet with your work, make another version, or pass the invitation to someone who wants to try.

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Art materials for every age and every beginning.