

The background of the entire page is a vibrant, multi-colored marbled paper. The colors include shades of purple, blue, pink, red, orange, and yellow, with intricate, vein-like patterns. A semi-transparent dark grey rectangular box is centered over the upper portion of the image, containing the title text in a white, elegant script font.

Starters
& Sources

A HANDBOOK FOR CREATIVES

The logo for LAC STUDIO is a circular emblem with a marbled pattern in shades of blue, green, and yellow. The text "LAC STUDIO" is written in a white, sans-serif font across the top of the circle.

LAC STUDIO



Starters & Sources

A HANDBOOK FOR CREATIVES

A Gift to LAC STUDIO MEMBERS



LAC STUDIO



ARTISTIC INNOVATIONS VACC LLC / LAC STUDIO

ONLINE INPERSON



CREATIVE PATHWAYS ARE WAITING FOR YOU... TAKE YOUR TIME. ENJOY THE JOURNEY.

Creativity is not a destination. It's a slow unfolding of exploring, expressing and letting go



FIND YOUR STYLE

We all have our own unique style within us and it's through creative expression that we find ways to explore that magic. There is no ONE way to express ourselves...It takes an ocean of ideas to create worlds.



EXPLORE COLOR

Choose the medium that excites you and your passion will guide your heart. Play with one or more mediums until one finds it's way deep into your soul. Then the journey truly begins! Enjoy and savor every tiny step.



YOU SET THE PACE

This is not a race, so set the pace that will allow for relaxation and learning. There is so much to see and taste when diving into your creativity. The process of learn how to express yourself takes time and it's worth it.

Welcome to LAC STUDIO

IF YOU ARE NEW TO LAC STUDIO! WELCOME!! HERE'S A LITTLE INFO AS YOU START YOUR FIRST CLASSES

Welcome to Liverpool Art Center! We are so happy you joined the fun! Let's have some fun in the studio!! We'd like to welcome you to take a breath, connect with new friends and your inner artist! We are so happy you found your creative pathway and it led you here.

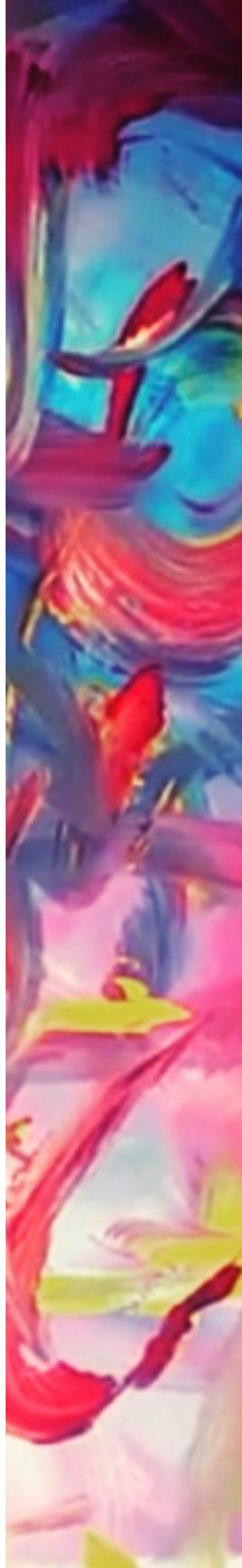
Your Instructor: Jillian Hagadorn is the Adult Art Class Instructor. She is a graduate of Alfred University and a professional selling artist and a certified expressive arts facilitator. Her specialties include: portrait and figure, oil painting and mixed media acrylics. Her skills as an instructor at LAC inspire our students to feel comfortable exploring a variety of art mediums and finding a medium that motivates growth and creative expression. We are lucky to have such a talented and intuitive professional on staff supporting our community with such generosity.

Here's what to expect on your first day in the studio:

BEFORE your class: We'd like to see your interests. We recommend that you look for a few paintings by different artists that you like! Bring them in on your mobile device for your first class. **Supplies and specific requests:** No need to bring anything unless you want to work with your own supplies. If that's the case, email us so we can inform your teacher that you have a specific plan for your trial period. **Upon Arrival:** Follow COVID Protocol listed below. We open the doors within 5 minutes before class start time. So no need to come early. Meet your teacher, find a seat, take a breath and enjoy the colors in the studio.

During your Class: The first few classes are a blend of getting to know you, your skills and the way the studio runs. Be patient...we have found that it takes at least 3 classes to really get settled into your art studio. You'll be offered choices in medium, style and you set the pace. Let your instructor know if you have questions or would like to switch gears at any point during your class. We are here to inspire you as your creative guides. Welcome!!! If you have any questions, please feel free to email or call.

Thank you for joining the fun at LAC!
Your LAC Staff : Sandra, Jillian & Daniel



Phone: (315) 234-9333
Email: info@creativerhythmsevents.com
Address: 101 Lake Drive, Liverpool, NY 13088
Website: www.artsandhealing.com



**ENJOY LOTS OF INSPIRATION IN THIS HANDBOOK
+ 5 BONUSES FROM MY NEW JOURNAL!!**

STARTERS & SOURCES TABLE OF CONTENTS

1. 5 Tips for relaxing into your new creative outlet
2. All About Mediums & Mixing (summary sheet)
3. Color Mixing: Try this now!
4. Watercolor Resource Sheet
5. Watercolor Tutorial Video Links
6. Acrylic Resource Sheet
7. Acrylic Tutorial Video Links
8. Beginner Drawing Resource Sheet
9. Beginner Drawing Tutorial Video Links

WAIT! THERE'S MORE.....I ADDED 5 GIFTS FROM ME TO YOU:

5 PAGES FROM MY NEW ARTS & HEALING JOURNAL!!

INTERACTIVE, FILLABLE, PRINTABLE AND SOOO VALUABLE...

1. Your Idea Generator
2. Your Color Mixing Record Sheets
3. Your Color Mixing Practice Sheets
4. Art Challenge pages
5. Your Creative Calendar for one Year!

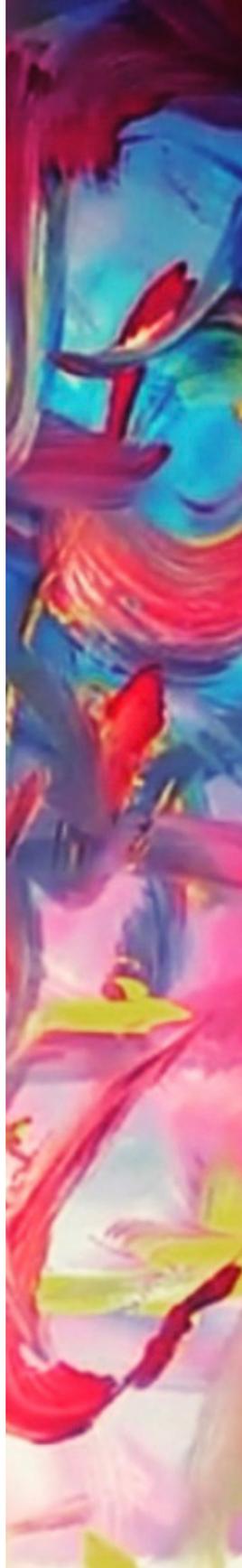
**If you're new to LAC STUDIO, we will walk you through each step. No worries.
Welcome!**

Phone: (315) 234-9333

Email: info@creativerhythmsevents.com

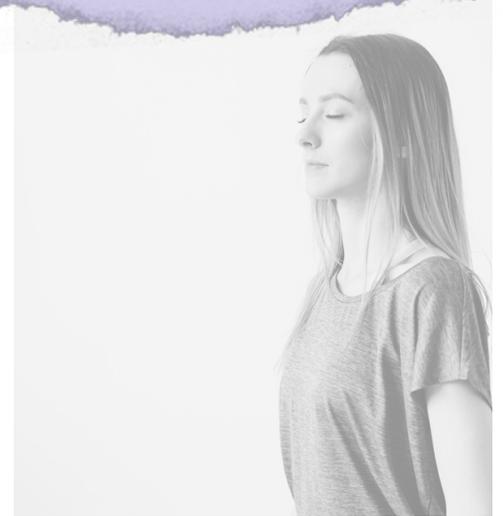
Address: 101 Lake Drive, Liverpool, NY 13088

Website: www.artsandhealing.com



5 TIPS

for relaxing into your new creative outlet.



- ✓ REMEMBER TO ENJOY YOURSELF
- ✓ TAKE A BREATH (OFTEN)
- ✓ YOU DON'T KNOW WHAT YOU DON'T KNOW
- ✓ SMALL STEPS ARE BETTER THAN BIG LEAPS
- ✓ STAY THE COURSE TO TRACK YOUR PROGRESS

WE LEARN
MORE WHEN
WE ALLOW
OURSELVES TO
RELAX &
ENJOY THE
PROCESS

As a community, we remind each other that our creative outlets are opportunities for self care. So we remind each other to breathe, silence the inner critic and go at a pace that feels good so you enjoy creating for years to come.

Explore research proving the health benefits of creative outlets
[evidence based research page](#)

www.ArtsandHealing.com

Ask about our Art , Rhythm & Meditation Events

Brief over
view of

Sources &
Starters.

ALL ABOUT 3 MEDIUMS

& Color Mixing @ LAC STUDIO

Watercolor STARTER & SOURCES

Watercolor is the only medium that sinks into the surface, so it's important to start with the right materials. The Sources include: Supply purchase guidance, videos for very basic starters and a relaxing way to start your exciting journey with the most fluid of all artistic mediums. Enjoy the Sources & Starters in the next 2 pages.

Acrylic STARTER & SOURCES

You get 3 bonuses with this medium! Check out the video links page for Beginner acrylics and you will see all 3 full length tutorials: Sunflower Fields, Pumpkin Fun and Sunflower Ladies: ALL FREE WITH THIS HANDBOOK! They are guided step-by-step and so much fun! The Sources before that page include purchasing guidance and suggestions for any level. Have a blast!

Drawing STARTER & SOURCES

Beginner Drawing is the final section in the tutorials and it's the most important one to visit with over 35 videos linked in the list and the playlists. Take your time and absorb the wisdom. Drawing can be such a beautiful way to open your eyes to the beauty in this world.

Color Mixing STARTER & SOURCES

Color Mixing - Not Color Theory. This is a practice that we teach at LAC STUDIO because it's less overwhelming and students REALLY get it and have fun learning. You'll see....check out the guide, charts and skill building pages following the 3 MEDIUM Pages.

CHOOSING THE MEDIUM THAT'S RIGHT FOR YOU

All mediums have their own "personality" and we have discovered over the past 2 decades the best way to determine what medium students work best.

Here's the Secret:

Mediums match the personality!

Imagine you're a very focused accountant and numbers are your life!...do you think watercolor would be an enjoyable starter medium for a first time painter?

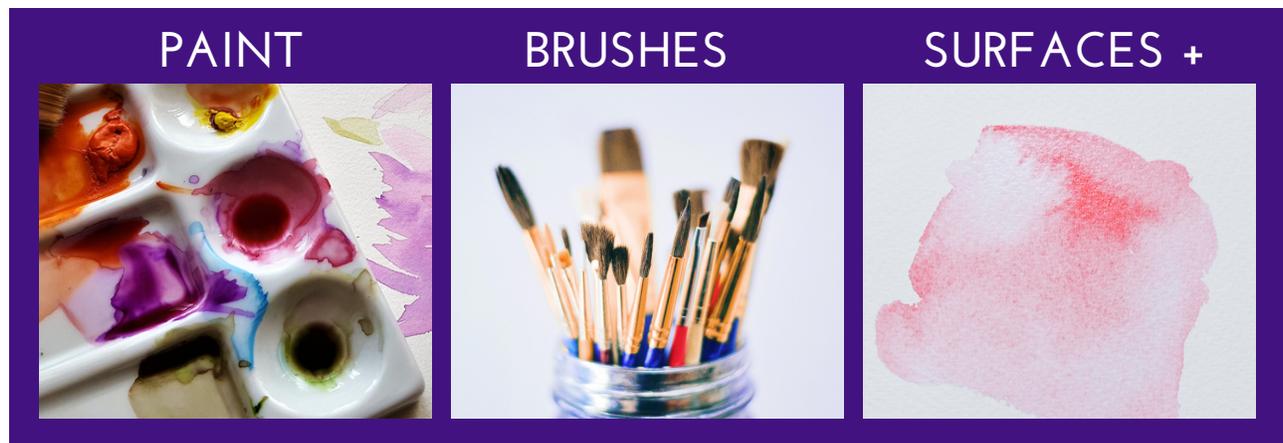
Watercolor is best experienced as a free flowing, self blending, wild card in the scope of artistic mediums.

I'm not sure that's a personality match. Are you?

Watercolor Painting Beginners Source Sheet



Click on the links below to access a purchase link or Google Doc



[Click the links to purchase:](#)

[Our Favorite brand tubes:](#)

Winsor Newton, DaVinci, Grumbacher, Holbein, Daniel Smith and QOR.

[Beginners:](#) Artist Loft 36 set pan

[Intermediate:](#) Purchase individual colors as needed/varied brands

[Standard Colors:](#) Cadmium yellows and reds, Alizarin crimson, rose, Pthalo blue, Payne's gray, Hookers green, sap green, Magenta, ultramarine blue, raw sienna, burnt sienna,

A good selection of
[brush size/types:](#)

Synthetic

Round sizes: 2, 3, 6, 10 12,

Wash brush size: 3/4" & 2"

Angle Wash brush size: 1/2"

Detail Brush: Liner & Script

Sizes: 2, 4, 6

Fan Brush: Natural size 4

Tools: water jar, mask remover, Masking Fluid

[Click the links to purchase online](#)

[Paper:](#) 140lb. Cold press cotton paper

[Brand:](#) Arches, Fabriano, Winsor Newton

Mixed Media Paper (140lb and more)

Watercolor Block

Starter:

Canson Watercolor Pad

[CLICK HERE FOR THE FULL PDF](#)

Watercolor Painting Beginners Source Sheet

Our Favorite Watercolor Tutorials

Subscribe to our YouTube Channel: Arts and Healing with Sandra

We have MANY playlists on our YouTube channel. Below are ones we suggest starting with and a link to our general playlist.

General Watercolor Playlist on our channel:

<https://www.youtube.com/playlist?list=PLb-pQx8dIKbw3E8BSZv2pwV+TlbPiDc7B>

SETTING UP YOUR PALETTE:

<https://youtu.be/gxaslfOqzUk>

Check out some of our favorite YouTube Tutorial Artists:

VERY BEGINNER COLOR MIXING:

Two color mixing skill building:

<https://youtu.be/l-gb-AonnUc>

COLOR MIXING CHART:

make swatches your build your mixing skills

<https://youtu.be/e5GVv7Uq0V8>

Fun color mixing :

<https://youtu.be/cV4NpyhPSt0>

BEGINNER PAINT ALONG:

How & Where to Start with Watercolor Painting for Beginners:

<https://youtu.be/UwjieN8Dul0>

CURIOS BEGINNERS:

Watercolor Struggles: 10 Things I Wish I Knew SOONER!:

<https://youtu.be/o8UdEtnoIS8>

STEP-BY-STEP LEAF

<https://youtu.be/KlzpDzgQvMI>

4 different leaves/ 4 different leaf techniques

<https://youtu.be/Ul6cJuHunX8>

Simple flower shapes: Layers of color (light to dark)

Great practice for learning water and paint ratio

<https://youtu.be/LEMDUJ-hQP4>

Beginner Landscape Tutorials:

2 Hills and Sky with very simple trees

<https://youtu.be/5Uds8150jwU>

<https://youtu.be/Y0acgkhbvS0>

Watercolor Nature Ideas for cards:

<https://youtu.be/9P0ot0ifwXk>

https://youtu.be/slxCCQ7Y_CAU

Fun Beginner Ideas for Watercolors:

Bookmarks with watercolor:

https://youtu.be/h_37xWkeEr4

Acrylic Painting Beginners Source Sheet



Click on the links below to access a purchase link or Google Doc

PAINT



BRUSHES



SURFACES +



[Click the links to purchase:](#)

Beginners: set or 6-12 to start
Intermediate: Purchase individual colors as needed

Standards: Blick Studio Acrylic Tubes and Essentials

Our favorites:
Goldens and Chroma

A good selection of [brush size/types:](#)

Synthetic
Round sizes: 2, 3, 6, 10 12,
Wash brush size: 3/4" & 2"
Angle Wash brush size: 1/2"
Detail Brush: Liner & Script
Sizes: 2, 4, 6

Gesso Brush: 3"-4"

[Click the links to purchase online](#)

Canvas board or panel
Stretched canvas (10-12oz cotton)
Canvas paper
Mixed Media Paper (140lb and more)

[CLICK HERE FOR THE FULL PDF](#)

Acrylic Painting Beginners Source Sheet

Our Favorite Beginner Acrylic Tutorials

Subscribe to our YouTube Channel: Arts and Healing with Sandra

We have MANY playlists on our YouTube channel. Below are ones we suggest starting with and a link to our general playlist.

General Beginner Acrylic Painting Playlist on our channel:

<https://www.youtube.com/playlist?list=PLb-pQx8dIKbytL7GEWED2yopz7pBnLwJw>

START WITH THESE FOR THE BASICS:

Setting up a palette & Mixing basics

#1 basic color mixing video!

Creating a color value scale using our favorite palette:

<https://youtu.be/HZkq0HgiY9w>

Color mixing: color matching for practice (watch our #1 video first)

<https://youtu.be/t6YQIMC3DKg>

Brush selection video with Sandra:

<https://youtu.be/jm86NsOixsQ>

Basic practice Videos for skill building

Color mixing:

<https://youtu.be/Mv9Vdfd0Krc>

Color mixing: color matching for practice

<https://youtu.be/cDAdFgBXZrg>

Recommended Step - Step Tutorials:

Links to Sandra's Paint Along Acrylic Virtual Courses

Fall Series:

Sunflower Fields: <https://youtu.be/seStbY3cf0>

Pumpkin Fun: <https://youtu.be/-7-NBhMZ05s>

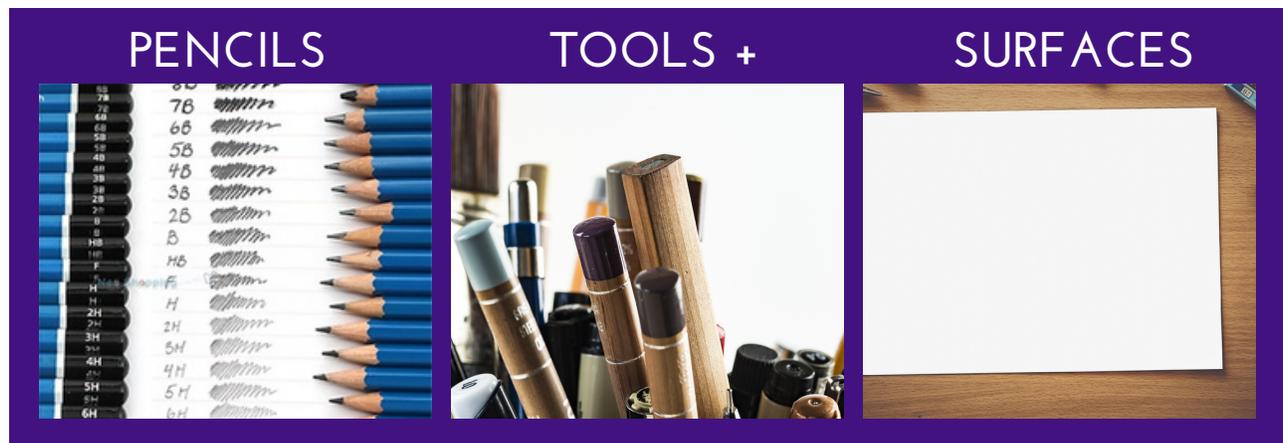
Sunflower Ladies: <https://youtu.be/CastybVemFc>

[VIEW FULL PDF WITH THIS LINK](#)

Basic Drawing A Beginners Source Sheet



Click on the links below to access a purchase link or Google Doc



[Click the links to purchase:](#)

Beginners: Pencil set including H and B Drawing pencils 2,4,6

Intermediate: Multiple drawing medium(s Charcoal, Conte, graphite, white charcoal)

Standards: Blick Studio

[A good selection of Drawing Tools - size/types:](#)

Vanish Eraser
Prismacolor Kneaded Eraser
Blending stumps
(press/not rolled)

Trace paper
Circle/shape templates
Ruler (cork underside)

Pencil sharpener
Vine charcoal (small / hard)

[Click the links to purchase online](#)

Sketchbooks:

Size: 7x9 - 8 x 11 Weight: 50-70lbs

Sketching paper (50-70lbsoz)

Heavy Drawing Paper (80-140lbs)

Mixed Media Paper (140lb and more)

[CLICK HERE FOR THE FULL PDF](#)

Basic Drawing A Beginners Source Sheet



Our Favorite Beginner Drawing Tutorials

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We have MANY playlists on our YouTube channel. Below are ones we suggest starting with and a link to our general playlist.

General Beginner Drawing Playlist on our channel:

Play List 1: <https://www.youtube.com/playlist?list=PLb-pQx8d1KbyUPtKG4YkUkUD3-N7RIEYH>

Play List 2: <https://www.youtube.com/playlist?list=PLb-pQx8d1KbybozfBdyDlo4ch6Qj7PXzK>

DECIDING WHAT TO BUY AND WHY YOU NEED IT:

<https://youtu.be/joSQDwrDedE>

Understanding Pencil Grades:

<https://youtu.be/YDnjXUjEzql>

VERY BEGINNER DRAWING with a Meditative Approach:

Skill building:

<https://youtu.be/cEGuxOfSbWY>

Shading for beginners:

Build your mixing skills

<https://youtu.be/-WR-FyUQc6I>

Start Drawing/Keep is Simple:

<https://youtu.be/OezMavBqWXc>

Serious Beginners: Shading Simple Shapes

<https://youtu.be/vMr6eimcolc>

Intermediate Drawing with Sandra:

2018 Beginner Virtual Drawing: Light Source and Form

PART ONE: <https://youtu.be/QS6gE7LU02g>

PART TWO: <https://youtu.be/rpYXGefrLSU>

RECOMMENDED STEP-BY-STEP TUTORIALS:

Tips for Sketching Journaling with Sandra

A Virtual Class/Sharing/Outdoor Resources/Drawing Along

<https://youtu.be/zLV7yPggl2U>

Sketch in Nature: Getting Started with Sandra

<https://youtu.be/TnQ2Hdi9Ue4>

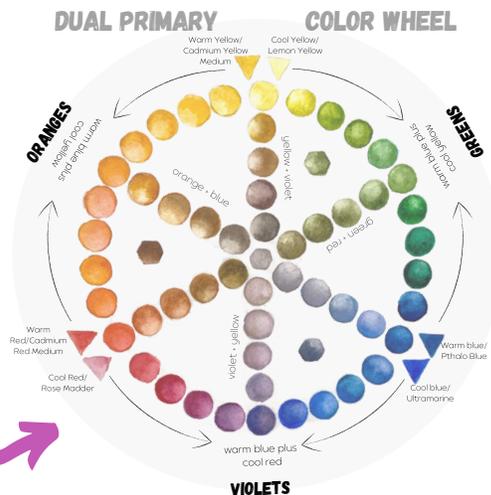
COLOR MIXING

It's a slow and joyful learning journey.
Enjoy every little step!



TRY THIS AT HOME!...

- ✓ DON'T STRESS: START WITH THE PRIMARY COLORS & PLAY
- ✓ MAKE A VALUE SCALE: START WITH ONE COLOR AND WHITE
- ✓ TRY TO MATCH PAINT SAMPLE SQUARES FROM HOMEDEPOT
- ✓ MIX WITH A BRUSH AND A PALETTE KNIFE. WHICH DO YOU LIKE?
- ✓ STAY THE COURSE TO TRACK YOUR PROGRESS



We'll get to this later



It's best to just explore & experience color in the beginning...**Pressure free. Rule free.**

MOST NEW ARTISTS WANT TO KNOW HOW TO MIX COLORS ON DAY #1.

We have found that it's best to have fun and just get the brush/pencil moving when first starting on your creative path.

So try not to put pressure on yourself and extinguish your excitement by:

- Watching YouTube videos in preparation for your class.
- Practicing or reading books so you feel more prepared.
- Buying all the supplies on the list and then more you probably will never use.
- Expecting too much from your first few classes.

We teach the process of discovering your own unique style and medium, so relax and enjoy the unfolding of your beautiful creative journey.

THERE'S MORE COLOR MIXING IN THE NEXT SECTION!

CHECK OUT OUR ONLINE COLOR MIXING COURSE!

Welcome to LAC STUDIO

HOPEFULLY YOU FOUND LOTS OF
INSPIRATION IN THIS HANDBOOK

I included a few more special gifts for
you to keep the creative juices flowing!

The next pages offer creative motivation

1. Your Idea Generator
2. Your Color Mixing Record Sheets
3. Your Color Mixing Practice Sheets
4. Art Challenges
5. Your Creative Calendar for one Year!

If you're new to LAC STUDIO, we will walk you
through each step. No worries. Welcome!



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A planning worksheet for your next creative project

I'M GOING TO CREATE OR RE-CREATE...

Traditional Painting, collage, sculpture, digital ,

I'LL BE GETTING MY INSPIRATION FROM...

(an artist, a concept, a personal experience, another culture, etc.)

THE ELEMENTS AND PRINCIPLES THAT I'LL HIGHLIGHT ARE...

Encircle 4-5 items from the list below

line, form, color, space, variety, shape, value, texture, unity, rhythm, pattern, emphasis, balance, proportion,



HERE'S A QUICK SKETCH OF MY COMPOSITION:



Large empty rectangular box for sketching composition.

NOTES:

Large empty rectangular box for notes.



LAC STUDIO

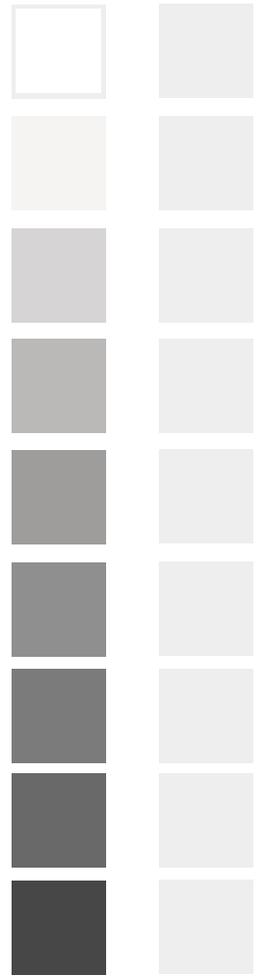
YOUR COLOR MIXING RECORD

Date Started/Medium/ Style/Size

DESCRIPTION/ REFERENCE LINKS OR IMAGES

PLANNING THUMBNAILS

Values & Colors



RECORD YOUR COLORS

Take a pic and use this blank palette to record your color mixes and ratios to save time re-mixing and for duplicating your colors in similar pieces.



COLOR CHARTS

See LAC COLOR CHART SHEET for specific color mixing references and specific color ratios.



LAC STUDIO

YOUR COLOR MIXING PRACTICE

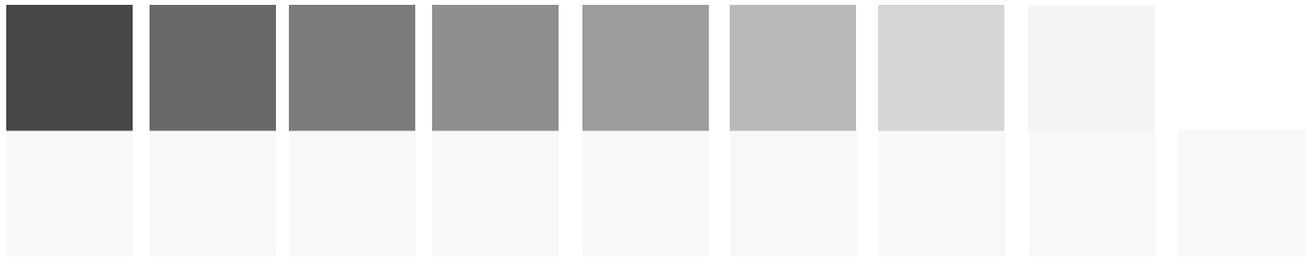


Color Mixing Practice Find the matching colors/hue with the values within the grids below. For example: Any red matching the darkest value on the grid, mix and fill in the box next to the darkest value with that dark red hue.

REDS



BLUES



YELLOWS

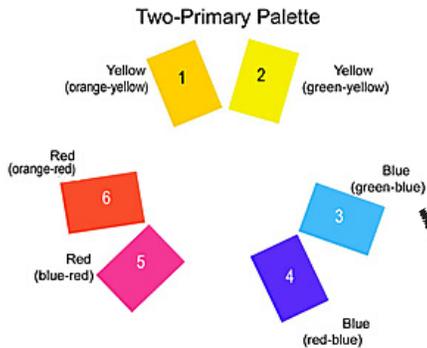


CREATE VALUE SCALES FOR 4 COLORS YOUR MIXED ABOUT

COLOR MIXING 101

It's a slow and joyful learning journey.
Enjoy every little step!

DUAL PRIMARY PALETTE!



Warm Red/
Windsor Red

Cool Red/
Alizarine Crimson

Warm Yellow/
Cadmium Yellow
Medium

Cool Yellow/
Lemon Yellow

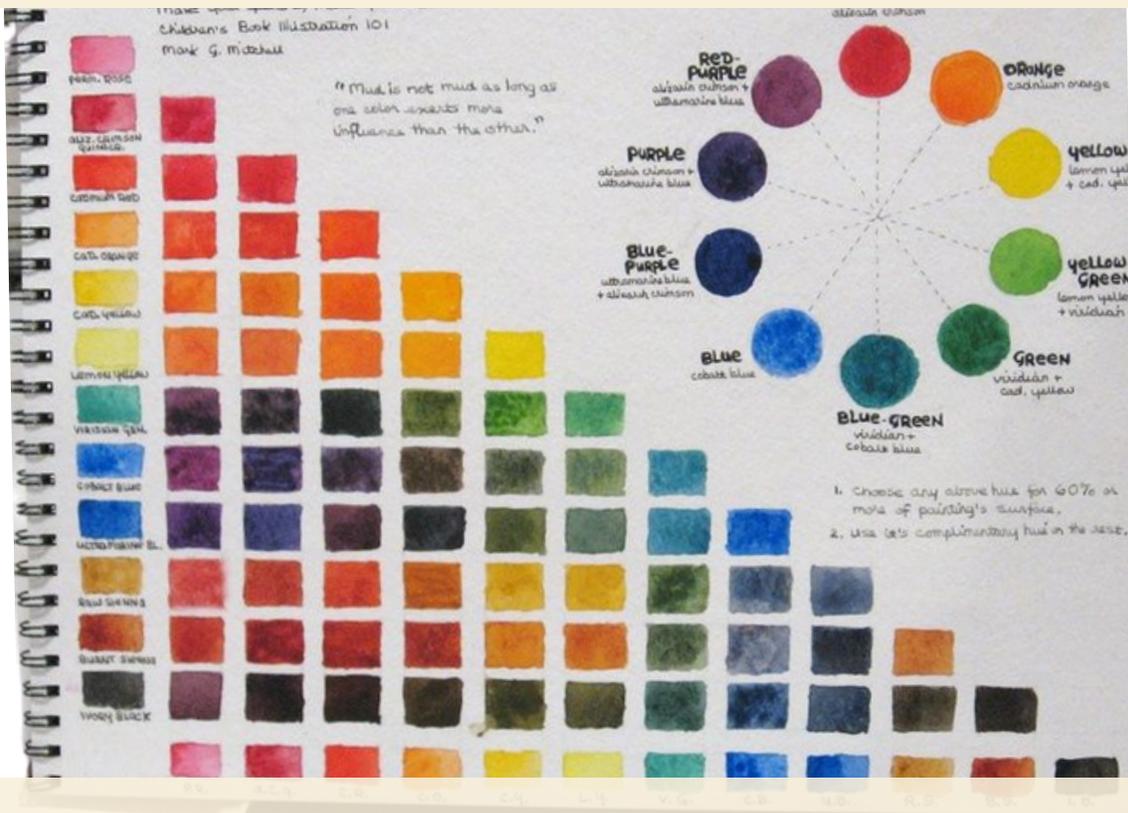
Paints on My Palette



Cool blue/
Ultramarine

Warm blue/
Cerulean

USING THE BEST PRIMARY BASE COLOR WILL GIVE YOU THE POWER TO MAKE BEAUTIFUL MUD!!



ASK THIS FIRST:

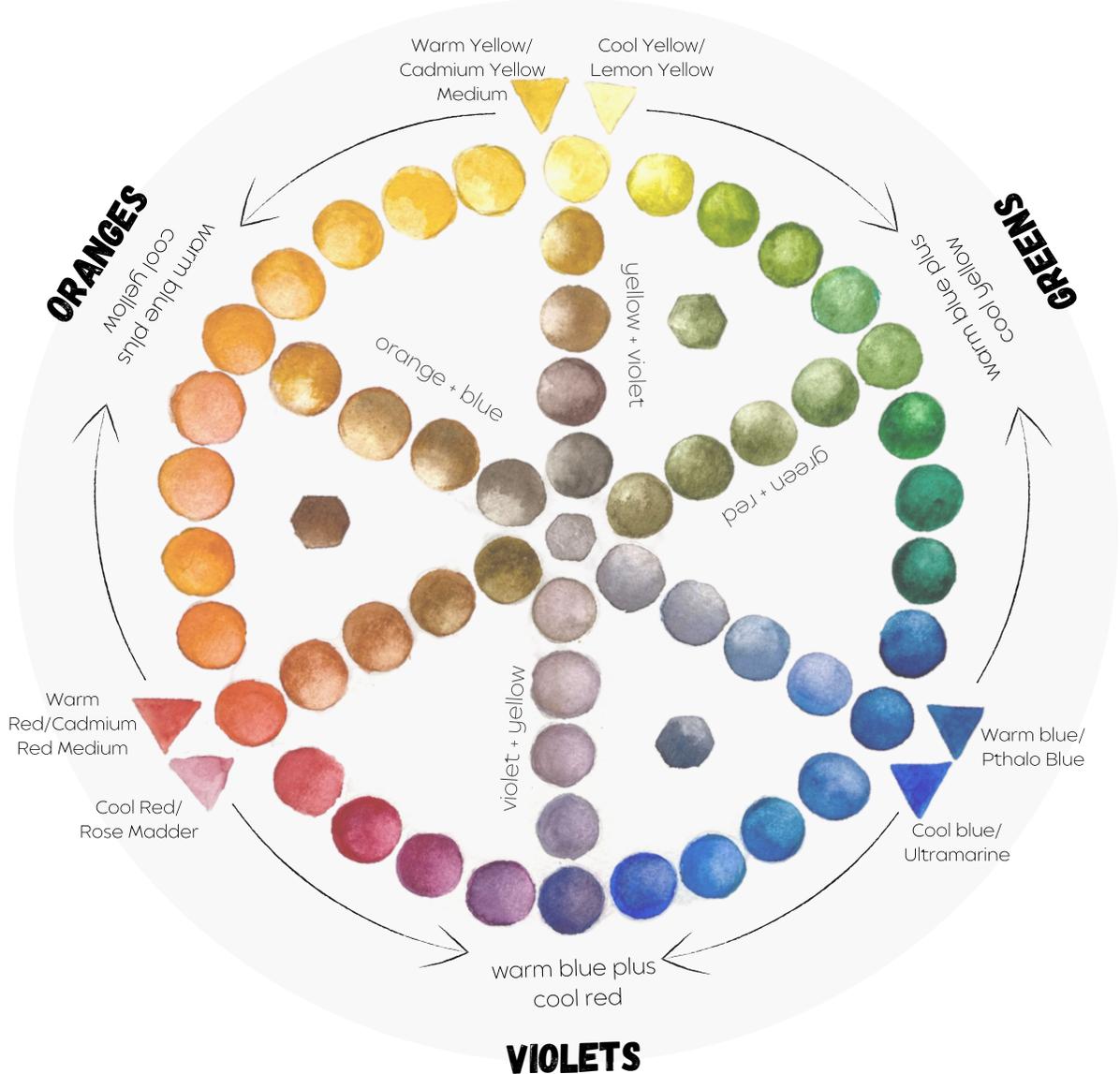
ARE YOU MIXING A WARM OR COOL COLOR WITHIN YOUR PALETTE OF COLORS?

COLOR MIXING 101

It's a slow and joyful learning journey.
Enjoy every little step!

**DUAL
PRIMARY
PALETTE!**

WATERCOLOR



ASK THIS FIRST:

WHAT'S THE CLOSEST COLOR ON THE WHEEL AND WHAT PATH DO YOU TAKE TO GET IT?

The Following Pages Are Excerpts from Sandra's New Journal

EBOOK OR PRINTABLE



Journal with Sandra

A Creative Self Care Journal



IGNITE

Activities and Actions

Steps you can take today to find purpose and passion in your creative process



EXPLORE

Prompts for Inspiration

Entries for the soul inspire a deeper look at the world around you. See with artist eye.



REFLECT

Guided & Supported

Reflect on words, colors and how we feel through guided experiences and journaling.



LET GO

Expectation and Goals

Let go of expectation and enjoy the process. Goal setting and tracking processes help inspire hope.

My Creative Calendar

Set one creative goal every month to give yourself one small step towards your goals.
Try a new medium. Meditate before creating. Do a collaborative piece with a friend.

January	February	March	April
May	June	July	August
September	October	November	December

Print or fill out digitally when purchased as my digital Journal: Creative Self Care

Art Challenge

Tap into how you feel: That's where true creativity comes from

WRITING ABOUT FEELINGS

Writing about your feelings in your journal helps you process your emotional reactions and come up with healthy coping mechanisms.

In this entry, describe how you felt throughout the day. What made you feel this way? How did you express that feeling? Do you think you could have expressed it better

MY JOURNAL ENTRY

Date

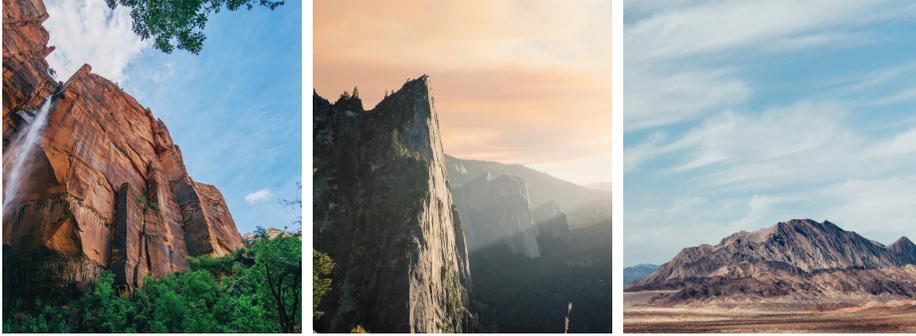
Place

Everything you can imagine is real." -- Pablo Picasso

Print or fill out digitally when purchased as my digital Journal: Creative Self Care

ART CHALLENGE

Motivate through Imagination



One Day, I Want To...

Writing about your ambitions is a great way to keep yourself inspired and motivated whether it be a dream you had since childhood or something that you thought about just recently.

Write three paragraphs about something that you want to do in your life.

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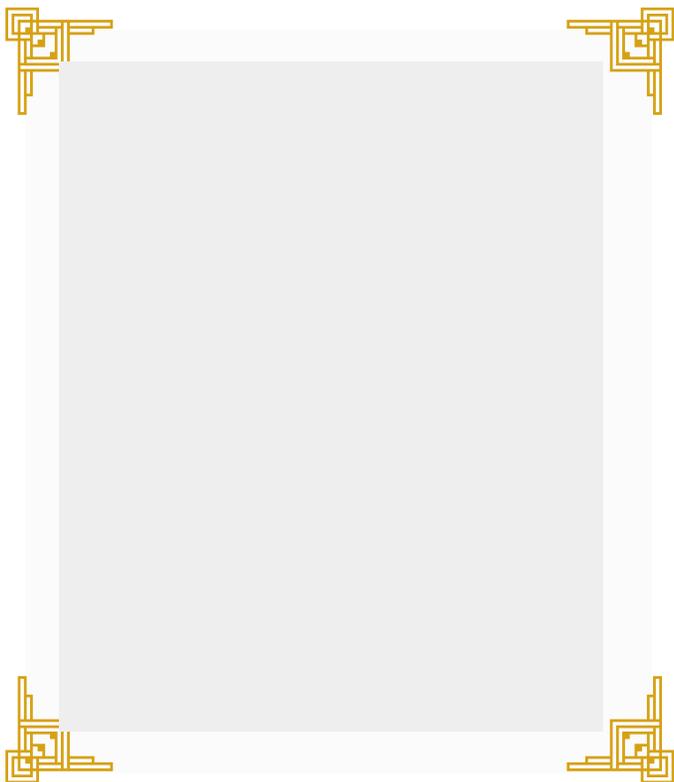
Place

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Art CHALLENGE

Stretch Yourself!

Do an Art Review



Art Critics know a lot about art, and it's their job to analyze a piece of artwork.

Looking at art with a critical eye often leads to using that observation to advance our skills in the arts.

Try being an art critic and fill in the blanks below.

Title

Artist

When I look at the artwork, I see:

The elements and colors that stand out are:

Artists create a mood in their artwork, such as happy, sad, or lonely. This one makes me feel:

With this artwork, I think the artist is trying to say:

I like / don't like this artwork, because:

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