

Life Book 2020 – Summit Activity
How to GET IN THE FLOW with Anne-Laure Jacquart
Supply List

There is no obligation of using one technique or of painting/drawing the same subject as me. You can try to apply the concepts we talk about in the video with every technique you want on any subject you like (preferably something you can have in front of you at home).

However, feel also free to paint the cute plant along with me if you like it! You can still paint or draw your own thing afterwards while trying to get in the flow.

If you plan to paint with watercolor like me, here are a few info about the supplies I am using and things I would recommend.

Paper :

Be sure it's at least 160 gsm so that it can handle a bit of water without buckling too much. As I wanted to take notes on my page, I worked on an Artway Enviro Sketchbook with 170 gsm smooth paper.

100% cotton real watercolor paper is also wonderful of course and easier to work on with watercolor (but the one I like is cold press so slightly less ideal for the notes. My favorite is Fabriano Artistico Cold Press 300 gsm).

Paints :

Tube paint is more pigmented and stronger. It creates bolder paintings and stronger effects. So, if you have only dry pans and you think that your watercolors sometimes look a bit washed out and not as colorful and full of contrast that you would like them to be, try to buy a few tubes, even if it's only a few primaries. You can fill empty pans in advance and then use them as you are used to do with dry pans.

It's a good idea to spray your pans before painting (even with dry pans).

My palette includes especially Sennelier (bright smooth colors) and Daniel Smith (granulating and great effects) paints.

For this painting, I especially used :

Sennelier Yellow Light
Daniel Smith Quinacridone Gold
Daniel Smith Green Apatite Genuine
Sennelier Green Turquoise (opaque)
Daniel Smith French Ultramarine
Sennelier Cobalt Violet Deep Hue
Schmincke Transparent Orange

Here is the video featuring my entire watercolor palette set up. I am still using the same colors but now with Schmincke Transparent Orange as an orange.

https://youtu.be/Nqc7LV4_8lg

Have fun mixing colors on paper!

Brushes :

I recommend not to use waterbrushes if possible as they make it difficult to control the amount of water in your mix and can make your painting washed out. Natural hair like sable or squirrel are the best but brands also offer nice blend brushes now and kind of «synthetic squirrel» or «synthetic sable» if you feel the natural hair ones are too expensive.

The smaller pointy brush I am using is a Winsor & Newton Red Sable Pointed Round Size 7 (I don't recommend the smaller size : choose 7 or 8 !). I really like its fine point and it's really affordable for a sable brush. You can find it for example here at Jackson's (free shipping worldwide on brushes from 20£) <https://bit.ly/2IsDJzs> or, I think, here on Amazon: <https://amzn.to/2NMNeFB>

The bigger one is a squirrel mop. You can't order this very brush online unfortunately but any big juicy brush can be nice for you to paint!

Other Supplies :

Feel free to gather any supplies you like to work with : acrylic paint, gouache, pens, pencils, scissors glue, stamps and more!

MENTIONED IN THE VIDEO OR RELATED TO THE CONTENT :

Lettering with a Brush Tutorial : <https://youtu.be/ultugSglzIY>

My Watercolor How to Tutorial : <https://youtu.be/IYmWTW4f1gM>

The Negative Painting Playlist :

<https://www.youtube.com/playlist?list=PL-7mr-4NijWSPCZq1fn0M6QZNtqSYkUz5>

My Watercolor Demo playlist : <https://youtu.be/FVPjQGIVaAk>

When everything you paint is ugly video : <https://youtu.be/4AzFt2j9H-M>
