

Setting up a happy and creative art space at home

Set up your creative art space by a large window or patio so you can have plenty of natural light. The amount and type of light change our perception of color and shape. The natural light will allow you to accurately use each color for your artwork.

If you prefer to work on your art projects at night, please make sure you have a lamp emitting light similar to sunlight. Extremely white light bulbs will wash out the warm colors, such as red, orange, and yellow. Similarly, extremely yellow light bulbs will wash out the cool colors, such as green, blue, and cyan.

Please feel free to decorate your art space with happy elements, such as books, magazines, artworks, crafts, flowers, and photographs of travel, family members, pets etc. Any element that motivates your creativity and makes you happy is welcome. For the same reason, please remove any element that reminds you of stress or frustration from this area.

Avoiding distractions during art making process

Please avoid non-essential communications during your art making time if possible. The easiest way to do this is to set up a designated time of the day and let the people in your life know that you would be busy during this time. Specifically, avoid social media interactions during this time.

If you have a dedicated room in your house to set up the art space, such as your study, a part of the bedroom, a nook in the living room, etc., you may be able to stay away from demanding children and pets creating any distraction. If possible, have a conversation with them before you start making your art.

Staying safe

If you choose to use any natural materials, such as small branches of trees, pebbles, dried leaves, feathers shed by the birds, grass, flowers, buds, etc., please make sure they are not sharp or dirty to cause accidents, allergy, or infections. Make sure you wash them in soapy water and dry them before using in your art.

If you choose to use chemical heavy duty paints, please be aware of the materials that can form gases like volatile organic compounds. These days, most paint containers have this information printed on them.

If you choose to use old textiles and yarns in your art, please make sure they are cleaned and are not dusty.

If you have an apron, such as a grilling or barbeque apron from your kitchen, you may wear it to avoid getting any paints or glues on your clothes.