

I'm using the word '**play-cedure**' because I want to get away from any words and terms which could remind you of possible painful memories of previous attempts in this area.

PLAY is the key word and I want this learning to be fun and comforting and rewarding for you and to give you the confidence to continue with painting in what ever way you fancy.

I summed up what this is all about on my promotional video, but here's a bit more information for those who want it.

What is art?.....Here is just one definition from the dictionary - '**The creation of works of beauty or other special significance**'. I think that is a good start.

They say 'beauty is in the eye of the beholder' and I think we can all agree to that. So the next phrase being a thing of '**special significance**' means it is significant to you. It is something that expresses a feeling, a memory or is a representation of something that exists.

For you to enjoy painting, you need to change your perception of what you think it 'should' look like.

While art can serve as a decoration it can also serve as a way to search for meaning, personal growth, self-empowerment and healing, and on top of all that it can be great fun too.

I think that's enough '**deep**' stuff for now.

What I want to get across is that you need not think that art, such as a painting is only something made from expensive materials, with tons of technical know how, in a gold frame and hanging in a gallery.

Art is something that you create, which gives you enjoyment in the 'doing', that makes you smile when you see what you've achieved, and that you don't notice the time passing as you are absorbed in what you are doing.

With this in mind all we are going to do is play with your paints, making cheerful postcards with different colours, adding shapes, symbols and letters as we go. Then at the end you will be able to paint an apple and have fun painting the extra picture of a bright yellow pepper as an extra at the end.

This 'Play-cedure' is not a competition, you are not going to be marked or judged, and if you wish you need never show anybody what you have done. If you wish to share it with me in confidence I would be honoured to share your creativity and give you any guidance, only if you ask for it.

So, fear not my creative fledglings, start flexing your painting muscles and lets get started and while you are having fun you will also be learning about how your paints and colours work.

You can post questions at anytime if there is something you don't understand, just drop me a line.

