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Be sure to save the clues to a file folder: You'll need to look back at them to see how much you can improve over time. Download now[/step-item][number of steps=3. image_url= title=Food Diary] Print this form several times or copy the columns to a notebook. For a week, write down what you eat or drink, noting the time, portion size, and any related notes, such as circumstances or what you were feeling at the time. Use nutrition labels to calculate the calories of packaged foods. Download now [/step-item][step-list-wrapping] Our authors independently research, test, and recommend the best products; you can learn more about our review process here. We may receive commissions for purchases made from our selected links. Alistair Berg / Getty Images The Top Picks Our Best Canvas Preparation: Canvas Stretching & Canvas Priming from Hunter College Lanfranco guides you through the materials you'll need to set them up, including a ruler, scissors and a stretcher or colander bar. Best Acrylic Technique: Will Kemp Art School Along with a variety of videos on proper color mixing, I will also set you up with a series of painting tutorials. Best Watercolor for Beginners: Beginners Watercolor for Udemy Created by Nicola A. Blakemore, the course includes four on-demand video, and you can even access the course material on your TV. Best Story: In the Studio: Postwar Abstract Painting by the Museum of Modern Art (MoMA) You will be assigned readings to provide the framework for the greatest cultural, intellectual, and historical events that shaped these artists. Best oil painting: Oil painting for beginners from Farges Arts According to his channel, Farges follows the teachings of the 19th century atelier method. Best Paint Mixing: Color Theory & Mixing by Jeanette Jobson This is a crash course in the hue of the process that is sure to set you up for success. Best introduction to Guas: Guas 101 by Minnie Small This tutorial explores not only what it is and how you should use it, but also which brushes and paper are best suited to the medium. Before you start a new painting, the first step is to properly prepare your canvas. Educator Katerina Lanfranco, who teaches painting at Hunter College in New York, has uploaded two free videos to her YouTube channel (covering Canvas Stretching and Canvas Priming) to successfully lay the foundations of your painting. Both tutorials are really about best practices for producing an effective canvas. Lanfranco guides you through the materials you'll need to get set up, including a ruler, scissors, and stretcher or strainer bar, and clearly guides you through the process of properly cutting your canvas and attaching it to the rods. The preparation comes next: the use of gesso will create a flexible surface that takes the color well and allows you to spread it more efficiently. Lanfranco describes materials for the process, including gesso, a gesso brush, and sandpaper (to layer under the surface after each coat, so that the canvas is smooth and ready for painting)-and takes you through step-by-step with easy to follow instructions. By the end of the lesson, you will have a canvas ready to paint. Interested in trying or working to improve your acrylic painting skills? On his YouTube channel, artist Will Kemp writes and creates his own videos about classical painting techniques, with a concentration on the use of acrylic paint. Whether you're starting or having a more ambitious project in mind, Will's videos will show a variety of strategies for the medium. Start with simple fundamental building blocks, including properly cleaning your acrylic brush, choosing your acrylic brush, applying acrylic colored grounds, and color mixing basically. Along with a variety of videos about proper color mixing, I also set you up with a series of painting tutorials-ranging from a beginner to a more advanced skill set. Learn the basics of painting a still life with multi-part Beginners Acrylic Still Life Techniques, gain knowledge of light and shadow techniques, and try your hand at acrylic landscape painting, palette knife techniques, painting heavens, floral dead phoebes, and even painting in the style of Claude Monet. And the best part: It's all free. Watercolors have a reputation for being a difficult painting discipline. This Beginners Watercolor course for Udemy will build trust for young painters, giving you the tools to master the basic principles and and with a playful approach in the middle. All you need to get started is a box of watercolor colors, a round brush, watercolor paper, a black ink or felt tip pen, pencil, eraser, a clear or white candle wax or crayon, and two jars for water. Created by Nicola A. Blakemore, the course (about \$100) includes four hours of on-demand video, and you can even access the course material on your TV or mobile phone. The goal of the class is simple: to teach you how watercolor colors work with water and how to utilize it effectively. Blakemore's class will guide you in understanding the principle of color washing, how the same colors can create shape and shading, how to create watercolor highlights and shadows, and how to color your colors correctly. Founded in 1929, the Museum of Modern Art (MoMA) houses some of the most famous contemporary paintings in the world. While visitors have lined up to see Vincent Van Gogh's The Starry Night or masterpieces by Jackson Pollock and Willem de Kooning, the museum now has online programming you can access at home. Although MoMA offers a variety of free online courses exploring a variety of artistic disciplines, Studio: Postwar Abstract Painting focuses on the materials, techniques, and conceptual processes of seven New York School artists: de Kooning, Pollock, Yayoi Kusama, Agnes Martin, Barnett Newman, Ad Reinhardt, and Mark Rothko. The cost-free course is set up so that you can work at your own pace and with your own schedule. Your instructor will lead you through demonstrations in the studio and gallery detailed presentations, and will commission readings to provide the framework for the greatest cultural, intellectual, and historical events that shaped these artists after The Second World War. The class also includes a variety of optional studio exercises, which you will need art supplies for. These will hopefully provide inspiration for your abstract paintings. Are you interested in making an intrusion into the style that created Leonardo da Vinci's Mona Lisa and Pablo Picasso's Les Femmes d'Alger (O.J. version O)? Oil painting uses pigments with drying oils as a binder, such as flaxseed or poppy oil. If you're a beginner, French artist Florent Farges has a variety of instructional videos on his YouTube channel that will help you get the ball rolling with your oil painting instructions. Farges has been following the teachings of the atelier method since the 19th century. The best place to start is oil painting for beginners, which is free. Here, Florent tries simplicity. All the questions you may be thinking about, such as Why use the oil color?, Is the oil color more complicated?, and Is the oil color more toxic? examined here, as well as a step-by-step painting display. Once you get comfortable with the basics, there are many more tutorials you can choose from, including specific videos on oil painting drying time, pigments and pallets, pallets, up for plein air painting, and of course-tips up your oil painting game. Understanding color theory is a critical skill for any artist. Not only does it explain the relationship between colors, but it is also the key to understanding their combinations. When it comes to painting, color theory and color mixing go hand in hand. While there is a huge amount of scholarship available on the subject of color theory itself (see Josef Albers's Fundamental Interaction of Color), getting hands-on with your colors in your home studio will also open your eyes to how it works on the canvas. Jeanette Jobson's free Color Theory & Mixing - The Basics video is a great introduction to mixing, using a split main palette. This palette uses two shades of each primary color (red, yellow, and blue)—with a warm and cool tint. Jobson clearly explains many of the terms related to color and blending, including color bias. It guides you through what exactly this means and how each color tint shows that-with the variety of shades in its palette. Jobson then begins her blending show: a crash course in the nuance of the process that is sure to set you up for success. Guas is a water-based medium with a heavier load of pigment than watercolor, so it is designed to be more opaque. In this video, artist Minnie Small breaks down the basics of guas. This tutorial explores not only what it is and how you should use it, but also which brushes and paper are best suited to the medium. If you have experience with watercolor, guas may be the next style of painting you want to play with. As Small explains in the free video, many of the tools you would use for watercolor, such as the type of brush, would also work for guas. Minnie illustrates the different opacity of the color, as well as the variety of its beneficial properties-including its velvety matte finish, fast drying time, and the fact that it can be reactivated with water after drying. So if you want to keep working on part of a final table, you can work it again with ease. When choosing the best online painting lessons, several factors came into play. First, painting is a medium with a huge variety of styles. Our goal was to represent as many of them as possible, be it oil painting, watercolor, guas, or acrylic. In addition, we aimed to choose technical courses that would set you up for success on your painting journey, such as how to stretch and your canvas or the basic principles of color mixing, which are distinguished as important educational building blocks. Finally, reachability was key. All the tutorials in this list are tutorials led by artists or instructors who clearly know their stuff and are able to communicate the intricacies of their medium in a clear, concise, and intuitive fashion for you at home. Home. Home.

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