

Intuitive Art- Freedom to Paint by Natasha Day

A **40 Artist Educator** Resource:
Be Inspired by Natasha Day



Intuitive Art - Freedom to Paint

Painter Natasha Day shares her workshop for life learners called “Intuitive Art-Freedom to Paint” using intuition to explore paint and making marks on canvas.

This project was shared with AccessArt as part of the [40 Artist Educator Project](#), funded by Arts Council England, aiming to highlight and celebrate artist-led teaching and facilitation.

Intuitive Art- Freedom to Paint by Natasha Day

You're keen to paint and get creative but you're scared! Scared of doing it “wrong”, scared of it looking “wrong”, scared of confirming to yourself your deepest fear; that you are no good at “it”!

Natasha's approach focuses on disengaging the 'logical' technical side of the brain (left side) and move towards working with intuition and the creative right side (right brain).

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**Working WITH and IN the
Landscape by Frances Hatch**

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This is featured in the 'Using Natural Materials to Make Images' pathway

Talking Points: Frances Hatch



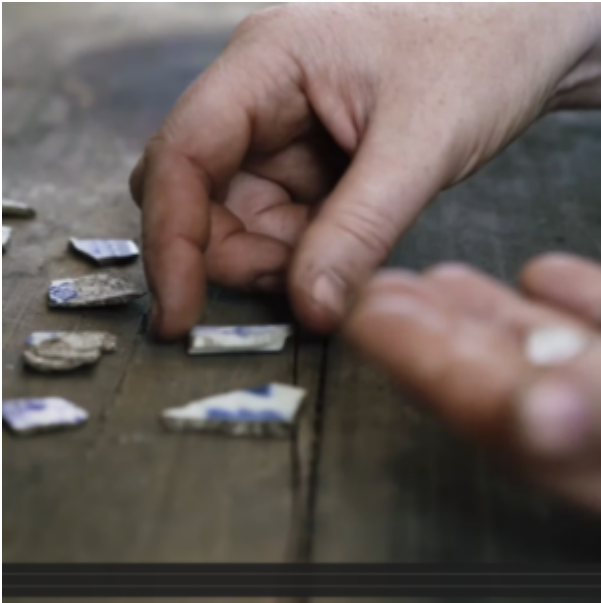
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Painting on Plaster, Inspired by Vincent Van Gogh

Beautifully illustrated resource which introduces still life via an unusual combination of materials: plaster, oil pastel,

graphite and linseed oil.

Colour Mixing with Cyan, Magenta and Yellow Colour Mixing

Teenagers enjoy drawing spring blossoms and colour mixing.
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Colour Mixing with Cyan Magenta Yellow

Teenagers experiment with mixing Cyan, Magenta and Yellow to reproduce colours from nature. [Full AccessArt Members Only](#)

Communal Drawing: Summer Picnic!

Making a shared drawing!

Making Maps Magical with Thermochromic Paint – Where Art, Science and D&T Meet

Making magic maps using thermochromic paint! [Full AccessArt Members Only](#)

Group Painting Activity: Teenagers ‘Battle it Out’ with Acrylic Paint

Teenagers explore making ‘spontaneous responses’ to marks and a physical, expressive approach to painting with acrylic paint. [Full AccessArt Members Only](#)

Swoop

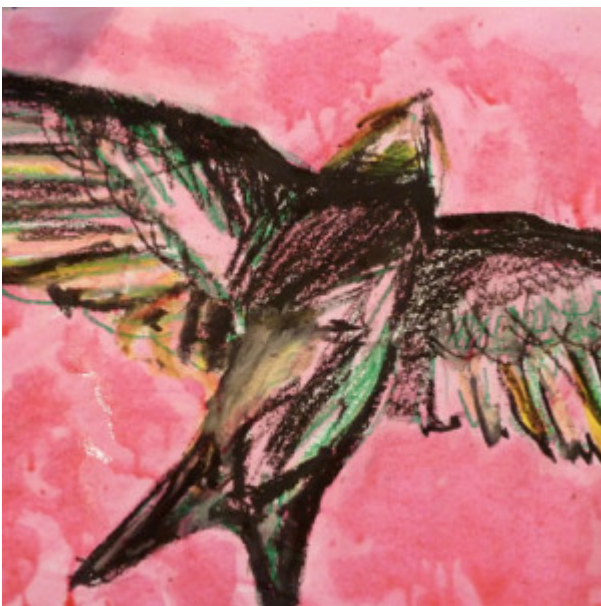
What We Like About This

Resource...

“Rachel has contributed some great resources to AccessArt and we really like how this idea captures the concept of ‘returning’ – something that school children will have processed over the past year. We love how this activity encourages hands to feel and move paint about freely – to experience its qualities and tactile nature. You could try this in your setting using different migratory birds such as Ospreys or Swifts as inspiration, with the children looking at images of these birds before trying some observational drawing.” – *Rachel, AccessArt.*

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Making Batik Textiles in the Classroom

Simple method adapted for classroom use – for all ages.

Tackling Still Life for Children Part 3 – Acrylic Painting

Part 3 of our 3-stage exploration of still life with children: mark making with acrylics. [Full AccessArt Members Only](#)

Halloween Still Life Using Acrylic Paint

Death and decay, deep autumn colours and contrasts, pumpkins, roses, candle light; bright splashes of colour in subdued light. All inspiration on tap for an autumnal still life. [Full AccessArt Members Only](#)

Acrylic Painting: ‘Food, Glorious Food’

Inspired by food – simple still lifes in acrylic.

Gestural Mark Making with Acrylic Paint

Exploring mark making in acrylic paint using variety of tools. This workshop also incorporates drawing and collage and is suitable for even very young children.

Sketchbook Journal Ideas

Three artists share their ideas about taking sketchbooks on journeys.