12 CREATIVE IDEAS FOR YOUR GOUACHE CHALLENGE

1. **Colour Mixing Exercises:** Dedicate a session to experimenting with colour mixing. Create a colour chart by mixing different gouache colours to understand how they interact and to expand your colour palette knowledge.
2. **Miniature Paintings:** Create a series of small, intricate paintings on tiny canvases or paper. This might help to finish something in a short time frame.
3. **Monochromatic Art:** Choose a single colour and its shades, then create an entire piece using only that colour. This can be a great exercise in tonal variation and mood-setting.
4. **Mandalas and Geometric Art:** Create intricate mandalas or geometric patterns using gouache. These can be both relaxing and visually appealing.

5. Botanical Illustrations: Try painting different plants, leaves, acorns, flowers, etc.

6. Still Life: Arrange a still life composition (e.g. with autumn-themed objects like pumpkins, apples, and candles). Use gouache to capture the textures and colors of these items.

7. Abstract Colour Play: Create an abstract piece using bold and rich or delicate pastel colours. Experiment with brushstrokes, shapes, and layering.

8. Animal Portraits: Paint a portrait of an animal, such as a fox, owl, or squirrel. Use photographs or picture books to get inspired.

9. Patterns: Design your own patterns or textures using gouache. You could even make wrapping paper or design a greeting card with these.

10. Illustrated Recipe: Choose your favourite recipe, illustrate the ingredients and the cooking process using gouache.

11. Night Sky: Paint a nighttime scene.

12. Emotions and Expressions: Explore different emotions and expressions through the use of colour, brushstrokes, and composition. Create a series of artworks that represent various feelings.

FINDING INSPIRATION WITHOUT OVERWHELM

Pinterest and Instagram can be incredible sources of artistic inspiration. However, it's no secret that they can also leave you feeling overwhelmed and discouraged, especially when it seems like everyone else is miles ahead.

Have you ever found yourself endlessly scrolling through beautifully crafted artworks, but struggling to muster the motivation to put pen to paper or brush to canvas? If so, you're not alone.

If this sounds familiar, here's a simple trick to help you break free from that cycle: step away from the internet for a while. Set a timer for just 10 minutes and dive into your art supplies. Don't burden yourself with any specific goals or expectations. Instead, let your colours and imagination guide you.

Remember, the key is to create first, without external influences. By doing so, you allow your unique creativity to shine through. After your art session, you can always return to the internet for inspiration, armed with your own fresh ideas and perspective.