



The HUSKIE HERALD

A weekly newsletter to help keep you entertained and healthy while self-isolating

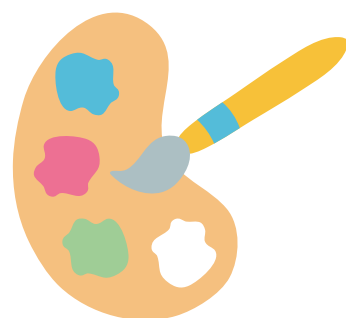


HOST YOUR OWN VIRTUAL PAINT NIGHT

Gather a paint brush, some paints, and paper or a canvas and follow the three easy steps we have included in this painting issue! Don't have the correct supplies and are unable to purchase them? Email annie.johnson@usask and we can provide some supplies to you!



GRAB A BRUSH!



Been a while since you last put a paintbrush to paper? Even if you haven't painted since grade school it is a great activity to pick back up and enjoy the benefits of. Painting can provide a space to reduce stress, reconnect with your sense of creativity, and make something beautiful! Remember- you don't have to be a professional artist to create art or enjoy this therapeutic activity. Most importantly, be open to learning as you go, making mistakes and embracing outcomes that may differ from your expectations.

STEP 1



Step 1. Gather necessary supplies:

- Paper or canvas
- Brushes (a variety of width is helpful)
- Assorted Acrylic Paint (at least black, red, blue, yellow and white to get started)
- Old Shirt (to keep new clothes clean & feel like an artist)
- Newspaper or scrap paper (to protect your surfaces)
- Cotton Swabs/ hair tie or elastic (optional for some techniques)

Basic supplies can be bought at a variety of affordable retailers including Dollarama, Walmart, and Superstore. Higher quality/ specialized items can be found at specific craft and painting stores like Michael's or Hues Paints. If you are unable to access or purchase your own supplies, but would like to participate in this activity, please email kallum.perkins@usask.ca. Exceptions will be made to provide supplies in extenuating circumstances (ie. transportation barriers, financial need, etc.).



STEPS 2 & 3

Step 2. Find Inspiration:

Your masterpiece is yours to create! Let your blank canvas tell a story, evoke emotion or just be enjoyable to look at. Remember not all art even has to make sense- it can be abstract! Some ideas for inspiration are as follows:

- Nature/ Wildlife/ Plants
- Current surroundings & everyday objects
- Existing pictures or images
- YouTube DIY Painting Tutorials! Check out some of our favorites for getting started or growing your skills.

Beginner- Rainbow Tree

<https://www.youtube.com/watch?v=AWGzK3Pewo8>

Medium- Dandelion

<https://www.youtube.com/watch?v=kjjO36l7gYo>

Advanced- Jellyfish

<https://www.youtube.com/watch?v=tEFwdmW7DFo>

Step 3. Lets get started:

Take the painting vow. I vow to be present, enjoy the process and not be critical of the outcome! If you feel ridiculous saying this aloud - good! It is meant to break down creativity barriers and change your perspective. Most importantly- have fun and embrace the outcome!

Ready Reads

Between the World and Me

by Ta-Nehisi Coates

Can Art Amend History?

With Titus Kaphar

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=DDALDVHUEDI](https://www.youtube.com/watch?v=DDALDVHUEDI)

Shameless Showtime

The Hate U Give

Free on Hulu, Youtube, Crave, and Prime Video

People have been painting for as long as 30,000 years!

Thoughtful Thinking

Fact of the week