



**How To Paint:**  
*These things A.K.A Squishy Doodles*

# More about Me, Tamara



I am a South African Mixed Media Artist. Who now lives in Warsaw Poland.

I used to work a corporate job, and was doing well career-wise, but that was where the happiness ended for me.

I was suppressed, angry, stressed out, and defeated on the best of days. Then I discovered art, and it allowed me to start healing, uncovering myself, and generally become a better human!

I love to use art to 'Unearth myself', enjoy making weird work, vlogs, and being experimental in my art.

## Come connect with me on all the socials...



website

## Courses I am Currently Teaching On...





# Supply List

- Journal or art journal or
- Loose sheet of sketchbook paper (mine is 140gsm ; 13x21cm | 5x8 ")
- Acrylic paints
  - Fluorescent Pink
  - Azo Orange
  - Turquoise
- Paint pens
  - White
  - Light Blue
- Acrylic Ink
  - Black
- Soft Filbert Brush
- Small Round Brush
- Brayer
- OR just use your favourite supplies



# Technique



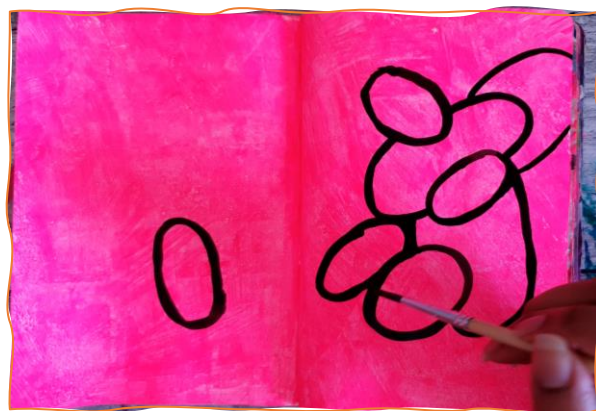
Using a large brush, cover your page or spread with your background colour. I am using Fluorescent Pink.



For a smoother, more even finish, I am using A brayer to smooth down the paint.



Using a round brush, with Black Acrylic Ink. I draw ovals on my spread.



My goal is to cover the page in squishy ovals of different sizes. Some hidden behind others, and others at the front. **Let dry completely.**



Paint each oval in Azo orange. I prefer to paint each oval vs. covering the page at once, as it gives the ovals some stroke directionality.

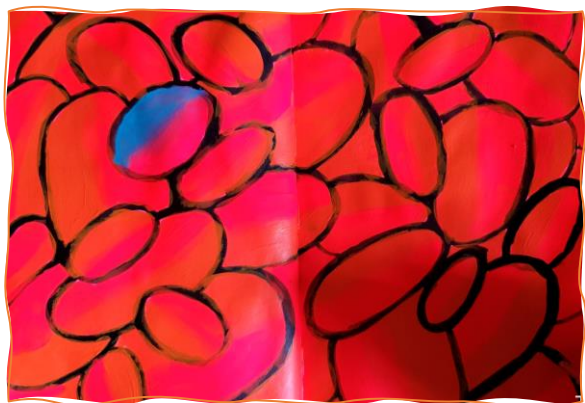


I then start adding Azo orange and Fluorescent Pink into each oval. Half and half lengthwise. I blend the 'seam' in the middle. My paint is wet, which allows me to blend.





# Technique



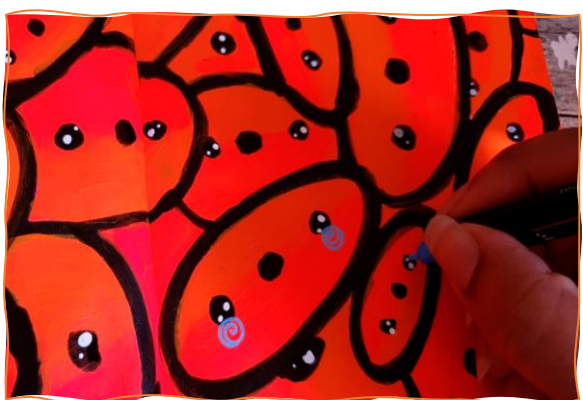
I decided to use Teal for one of the ovals. I then re-outline all my circles in Black Acrylic Ink.  
Let dry completely.



Across the oval, lengthwise, I start adding 3 little dots/circles, in a straight line, over the 'seam' where the blend of orange and pink is. They aren't perfect circles 😊 Let dry completely.



Using a white acrylic paint marker (you can use a detail brush), I add white spots to the eyes. I put larger dots towards the orange and smaller towards the pink.



The pink bottoms are the bottom of my characters/doodles, I add spirals for the cheeks/blush in blue. You could do squares, spots, anything.

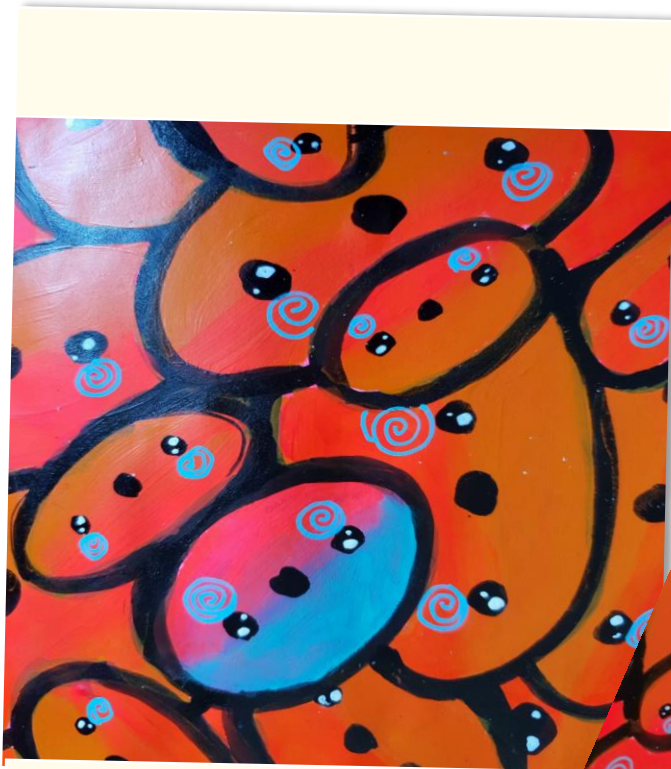
## Refined Outlines?

If I wanted to have neater outlines, I would use an acrylic ink/paint brush tip pen, OR a round brush that still has a well defined tip, vs fluffy (like I used in this video).

I would make sure that the belly of my brush was always filled with ink when I made my outlines, and I would hold my brush perpendicular to the page.



# Glamour Shots





# Final Thoughts

- I enjoy painting repetitive things, because they are fun and feel less high-stakes than other art I may do.
- They also serve as a nice warm up exercise.
- This, as a final art piece is perfectly acceptable, it takes a lot of time and work, so don't let the apparent simplicity make you feel like it isn't art!
- You can use different shapes, do different colours, make different eyes! I give you permission (if you need it ;) )

**Please share any work or thoughts  
with me!**

**I always love to hear from you!**

